

Sunflower Seed Butter Pancakes

Serves 4

Ingredients

Pancakes

- ½ cup flour
- ¾ cup whole wheat flour
- ¼ cup oats
- 1 and ½ tsp. baking powder
- ¼ tsp. baking soda
- 1 tsp. pumpkin pie spice
- 3 tbsp. brown sugar
- 1 and ½ cups vanilla soy or almond milk
- 1 tsp. vanilla extract
- ¼ cup mashed banana
- 3 tbsp. sunflower seed butter, almond butter, or natural peanut butter



Fig Syrup

- 8 oz. dried figs
- ¼ cup water
- 1 tsp. vanilla
- 1 tbsp. agave nectar

Optional toppings

- Banana, pistachios, more agave to drizzle on top

Directions

- 1) For the fig syrup: put all ingredients in a small saucepan and bring to a boil. Simmer for about 20 minutes, or until thickened.
- 2) Meanwhile, whisk together flours, oats, baking powder, baking soda, pumpkin pie spice, and sugar.
- 3) Whisk together soymilk, vanilla, mashed banana, and nut butter in a separate bowl. Pour into the dry ingredient mixture and stir to combine. (If you are making the batter ahead of time, add a few more tablespoons of milk before cooking).
- 4) Grease a griddle or flat sauté pan. Scoop batter into the pan in about ¼ cup mounds. Cook for about 2 minutes (more or less), or until bubbles start to form around the sides and the bottom is slightly golden. Flip and cook for another minute or so. Continue with the rest of the pancakes. (You can keep them warm in a 250-degree oven while you cook subsequent batches).
- 5) Top warm pancakes with fig syrup and some sliced banana, pistachios, and more agave nectar.