



Pumpkin Pancakes with Pear Honey Topping

(Gluten-free, dairy-free, food scale required)

- 70 Grams Brown rice flour
- 70 Grams Oat flour
- 30 Grams Cornstarch
- 30 Grams Arrowroot
- 30 Grams Ground golden flax seed
- 1 1/2 tsp Baking powder
- 1/2 tsp Baking soda
- 1 tsp Coarse salt
- 2 tsp Cinnamon
- 1/4 tsp Ground cloves
- 1/4 tsp Fresh grated nutmeg
- 1 Cup Fresh Pumpkin puree (or use canned in a pinch)
- 2 tsp Sonoma Harvest [Coconut White Balsamic Vinegar](#)
(or substitute lemon juice)
- 2 Tbls Melted coconut oil
- 2 Tbls Sonoma Harvest [Pear & Cinnamon Honey](#) (or your favorite local honey)
- 1 Cup Almond milk
- 2 Eggs

Makes 12 4-5 inch pancakes

Weigh out your flours and starches, add baking powder, baking soda, salt and spices. Gently whisk to combine. In a large bowl combine your pumpkin puree, white balsamic vinegar, coconut oil, honey, milk and eggs. Whisk well until the mixture is smooth, then add in your dry ingredients and stir until combined.

Melt a couple teaspoons of coconut oil in a non-stick pan, add a scoop of pancake batter and cook over medium low heat for about 3 minutes per side. Look for the bubbles to form on the top surface before flipping.

For pear topping

- 2 Organic Bosc pears
- 1 tsp Coconut oil
- 2 Tbls Sonoma Harvest [Pear & Cinnamon Honey](#) (or your favorite local honey)
- 2 tsp Sonoma Harvest [Coconut White Balsamic Vinegar](#)
(or lemon juice)

Makes about 1 cup of pears.

Peel and dice your pears. Over medium heat, add the coconut oil to a small pan and let melt. Add your pears and sauté for about 2 minutes until the pears just begin to release some juice. You want them warmed through and just barely beginning to soften. Remove the pan from the heat and gently stir in the honey, and vinegar.

This makes enough sauce for 4 light servings. If you would like extra sauce, go ahead and double the recipe. I am also imagining this sauce spooned over hazelnut gelato . . . (swoon)

Recipe from Olive Oil, Salt & Pepper

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<http://oliveoilsaltpepper.blogspot.com>