

Sparkle Kitchen

Daddycakes

Ingredients

basic pancake mix (gluten-free or gluten-full)

½ cup nuts (almonds, walnuts or pecans)

¼ cup ground seeds (flax or chia are ideal, sunflower is good too)

½ cup cooked sweet potato or squash

1 banana, mashed

1 extra egg (or egg replacer)

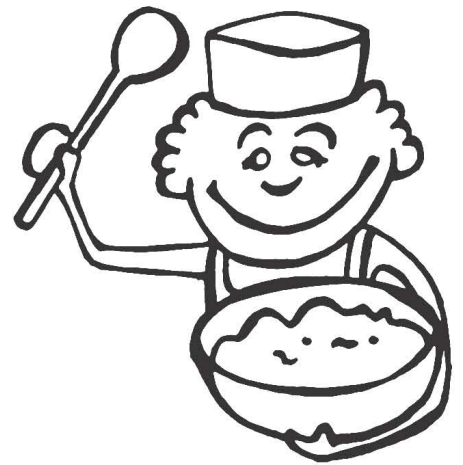
butter or oil

Directions

Using the food processor, process the nuts and seeds until they are well ground into a heavy “flour” (but not so long that they become nut butter).

Prepare the pancake mix (or recipe) by the normal instructions, using the normal proportions.

Before combining the wet ingredients with the dry ingredients, add the nut-and-seed meal into the dry ingredients and blend well. To the wet ingredients, add the sweet potato, banana, and extra egg, and use a hand mixer to combine thoroughly. Next, combine both wet and dry ingredients thoroughly. This is your Daddycakes batter!



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Fairy Wand Cookies

Continued....

Heat a skillet or pan with butter or oil to coat, and when the pan is hot add $\frac{1}{2}$ cup of batter, tilting the pan to help the batter spread evenly. (The batter is a bit thicker than traditional batter, so it needs a bit of help spreading out across the pan.) Cook on the first side until the up-side is bubbling and the down-side is golden, and then turn, flip, and cook on the opposite side until golden.

Serve with applesauce Momma's Spiced Applesauce

<https://sparklestories.com/blog/post/sparkle-kitchen-mommas-spiced-applesauce> or maple syrup and fresh fruit.