

## Pan Pan Pancakes

### Ingredients:

½ cup sunflower butter  
½ cup unsweetened applesauce  
2 eggs  
½ tsp. baking soda  
½ tsp. vanilla  
¼ tsp. cinnamon  
¼ tsp. nutmeg

coconut oil, for cooking

### Method:

Mix all ingredients until all ingredients incorporate. If too thick, add a little water, coconut water or coconut milk.

Heat a skillet over medium-high heat. Add coconut oil and when ready pour batter in desired shapes. Turn when the edges are firm and golden, about 4-5 minutes on each side.

Serve with cinnamon sprinkles and/or caramel apple compote.

## Caramel Apple Compote

### Ingredients:

1 apple, cored and cubed ½”  
1 tbsp. butter  
½ tsp. stevia  
¼ tsp. cinnamon

Heat small pan over medium heat. Add butter and then apple cubes. Stir occasionally trying to get apples golden brown. Add stevia and cinnamon and if pan gets too sticky or dry add a little water. Cook until excess moisture evaporates and apples are tender and golden brown. Taste for desired amount of sweetness and add more stevia if necessary.