

Sweet & Savoury Split Pea Pancakes

Makes ~12 small pancakes

Cooking time: 20 minutes

2 eggs

2/3 cup milk

1/2 cup split pea puree *

1/2 cup whole wheat flour

1/2 cup all purpose flour

3 teaspoon baking powder

Sweet variation: Add 2 tbsp maple syrup and 1/4 cup fruit (fresh or frozen)

Savoury variation: Add 2 tbsp milk, dash of salt, 1/4 tsp garlic powder, 1/4 cup diced onions

1. In a medium beat eggs then slowly add milk (and maple syrup for sweet pancakes) until well incorporated.
2. In a separate bowl combine flour, baking powder (and salt + garlic powder for savoury pancakes).
3. Slowly combine pea puree with wet ingredients. Stir until well mixed.
4. Once pea puree is well incorporated slowly add in dry ingredients. Batter should be slightly lumpy. If using fruit or onions, gently stir in.
5. Cook in a no-stick frying pan over medium-low heat until both sides are golden brown. About 2-3 minutes per side. Serve warm

Pea puree

Makes ~ 2.5 cups of puree

1 cup split peas (green or yellow)

1. Place peas in a large container with a lid and add 2 cups of water. Allow to soak overnight. In the morning, drain peas and rinse thoroughly.
2. Bring 4 cups of water to boil. Add peas and reduce heat to a simmer. Cook peas until they start to break down, about 45 minutes.
3. Using a immersion blender, or food processor, puree peas until you reach a smooth consistency. Do not drain any water.
4. Cool to room temperature prior to using in pancake recipe.

Note: Pea puree can be stored in an airtight container in the freezer for up to 6 months or in the fridge for a week.