

# Raspberry Pecan Pancakes

1 Combine dry ingredients: flour, baking powder and vanilla sugar (regular sugar prepped with used vanilla beans/shells) in large bowl.

 ${f 2}$  Whisk eggs with the milk and the melted butter together in a separate bowl and add to flour mixture.

 $oldsymbol{3}$  Heat half of a tsp of butter in a (non-stick) pan and add a large scoop of batter as soon as butter throws bubbles. On top add the chopped pecans and raspberries. Bake until set (be careful not to burn the bottom), turn and bake until both sides have gained a nice light brown color.

4 Just before serving top with maple syrup. As the package contained some wonderful honey, I couldn't resist and added some drops of it, too!

5 Preheat oven to 175°C (350°F). Melt the butter in the saucepan, add the scraped out seeds from a vanilla bean, add the syrup and blend well. Then mix together oats, melted butter and the maple syrup in a large bowl. The amount of butter and syrup depends on how you want your granola - I used an amount that would evenly cover the oats (make them stick together), but not fully drench them.

6 Add all the nuts and the coco chips and spread the granola on a cookie sheet. Put it in the preheated oven for about 15-20 minutes, or until the mix gets dry and takes on a golden, brownish color. Stir occasionally and be careful to not let it get too dark.

7 Remove from oven, let cool and then add the dried fruit. The fresh fruit, yoghurt and milk is added just before serving.



## **Raspberry Pecan Pancakes**

Recipe source: inspired by Stephanie's pancakes Required time: prep. 10 min., baking 15 min., serves 2-3

#### Ingredients:

- \*300-350ml milk
- \*3 eggs
- $^{\star}$ 50g butter, melted
- \*300g flour
- \*1.5 tsp baking soda
- $^{\star}$ 50g vanilla sugar
- $^{\star}$ pecans
- \*raspberries

### All Nuts - Granola

Recipe source: own mixture

Required time: prep. 15 min., baking 15 min.

#### Ingredients:

- $^{\star}$ oat flakes
- $^{\star}$ butter, melted
- \*maple syrup
- $^{\star}$ one vanilla bean
- \*nuts etc: hazelnuts, almonds, pine, pumpkin seeds, sunflower seeds, brazil, pecans, pistachio, coco chips
- $^{\star}$ dried apricots and cranberries, chopped
- \*fresh fruits: blueberries, granny smith apple
- \*Greek yoghurt & milk
- \*honey