

Peaches & Dreams

PAN-CAKE

Plant-Based & Gluten-Free

Serves 8

Ingredients

PAN-CAKE

- 1 box/bag **Gluten-Free & Plant-based Pancake Mix**
- 2 tsp **Cinnamon** (for taste)
- **Water** based on recipe ratios on box
- 1 tsp **Coconut Oil** (for non-stick)
 - or bake with **parchment paper**

BANANA-NUT CREAM CENTER

- 4 **Bananas** (fresh or defrosted from frozen)
- 4 tbsp **Nut/Seed Butter**
- 4 tbsp **Coconut Cream** (or other plant-based milk)

PEACHES & DREAMS TOPPING

- 4 cups **Peaches** (fresh or defrosted from frozen)
- ¼ cup **Maple Syrup**

EXTRA

- Top with a sprinkle mix of coconut flakes, raisins, seeds, chopped nuts, and sea salt.

Instructions

PAN-CAKE

1. Add **Gluten-Free & Plant-based Pancake Mix** to a large mixing bowl
2. Add **Cinnamon** (for taste)
3. Add **Water** based on recipe ratios on box
4. Whisk **Pancake Mix, Cinnamon, and Water** with a fork
5. Put desired pan/skillet on stove top at low-medium
6. Heat oven to 375 - 400 F (based on variable cook time)
7. Add **Coconut Oil** to the bottom of skillet and spread around the pan
8. Pour **Pancake Mix** into the heated oiled skillet
9. Put a lid on the skillet and cook the **Pan-Cake** for 5-10 minutes
 - a. to initiate and solidify fluffy shape
10. Transfer skillet into the oven until cooked all the way through
 - a. Cook until not wet in middle

BANANA-NUT CREAM CENTER

1. Add **Bananas, Nut/Seed Butter, and Coconut Cream** into blender
2. Blend until creamy
3. Set aside until ready to serve

PEACHES & DREAMS TOPPING

1. Add **Peaches and Maple Syrup** to blender
2. Pulse lightly keeping the peaches chunky
3. Set aside until ready to serve

SERVING

1. Once **Pan-Cake** is cooked through transfer to a large serving plate
2. Cut with a pizza cutter into desired piece ratios
3. Spread the **Banana-Nut Cream Center** evenly across the top
4. Pour **Peaches & Dreams Topping** over the top
5. *Add extras if you decide to use them...*
6. Use a fork or spatula to serve pieces of **Peaches & Dreams Pan-Cake!**

ENJOY with a Pour-Over Coffee & Pleasant Conversation! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

Find the video of this recipe and other videos about natural healing by visiting:

www.youtube.com/@feelbetterliving

Learn more about our Raw Food Challenge and other natural healing services by visiting:

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