They're hearty like a plate of pancakes, yet as exotic as a fragrant curry. These pancakes take the savory route when it comes to flavor, bursting with spice, all kinds of veggies, and even a dash of flaxseed and coconut cream. Made with *besan,* or chickpea flour, they're also a healthy gluten-free option when you're craving something bread-like.

Spicy Curry Besan Pancakes with Coconut Cream
Prep: 15 minutes
Total: 35 minutes
Serves: 10 pancakes

Ingredients:

• Ava Jane avocado oil for cooking
• 1/4 red onion, chopped
• 1/2 bell pepper, chopped
• 1 cup tomatoes, chopped
• 2–3 cups spinach, chopped
• 2 cups chickpea flour
• 1/4 cup ground flax seed
• 3 tbsp nutritional yeast
• 2 1/2 tsp baking powder
• 1 tsp salt
• 1 tsp Ava Jane Curry seasoning
• 1 ½ cups unsweetened almond or coconut milk
• Dollup of canned coconut cream for topping, as well as a dash of red pepper flakes

Instructions:

1. In a pan over medium heat, heat 1 tbsp of avocado oil.
2. Once heated, add onion and cook for 5 minutes, or until it begins to soften. Add the bell pepper and tomatoes and stir. Cook for 4-5 minutes, until the veggies are tender.
3. Add in the spinach and cook until slightly wilted.
4. In a large bowl, add chickpea flour, flax meal, nutritional yeast, baking powder, salt, and curry, stirring until mixed thoroughly.
5. Slowly pour in the milk and stir to combine, adding more liquid if you want thinner pancakes.
6. Stir in the veggies to the batter.
7. Add a dash more oil to the skillet and reduce heat to medium-low. Once hot, scoop 1/4-cup spoonfuls onto the skillet. Cook for 4-5 minutes on each side, or until the sides begin to brown.
8. Serve topped with coconut cream and fresh herbs like cilantro or parsley.