



Blender Pancakes/waffles

with [Rustlin' Rob's Pumpkin Butter](#)

What's best about this recipe? It's extremely healthy and still tastes great!

Ingredients:

- 1 1/4 cups long grain brown rice
- 1/2 cup millet
- 1 2/3 cups water
- 1 apple – cored and cut into chunks
- 1 round teaspoon Celtic sea salt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon honey
- 1/8 cup Rice Bran or flaxseeds
- 1/3 cup [Rustlin' Rob's Pumpkin Butter](#)
- Dash of cinnamon
- 1/2 tablespoon aluminum-free baking powder (**MIX IN LAST**)

Directions:

Soak your brown rice and millet in water overnight. This begins the germination process, breaks down the phytic acid and makes the grains easier to blend.

In the morning, blend all of the ingredients together (except baking powder) until slightly grainy. Add aluminum-free baking powder and mix until smooth, gets thick fast. Bake cakes on a hot griddle or make waffles in a pre-heated waffle iron. Cook 9 minutes or so.