



Simple | Healthy | Delicious

Sorghum Oven Pancake with Pear

INGREDIENTS

Pears

3 tablespoon unsalted butter
2 large red pears
3 tablespoons honey

Pancake

½ cup Nature's Earthly Choice Sorghum
½ cup sweet white rice flour
¼ teaspoon fine sea salt
3 large eggs
1 tablespoon honey
1 teaspoon vanilla
1 ¼ cups whole milk

Toppings

Honey for drizzling
Cinnamon for sprinkling
Yogurt as desired for topping



DIRECTIONS:

1. Preheat oven to 400° F. Place the butter in a 10 inch oven-safe skillet with high sides. Set the skillet in the oven for a couple of minutes, just enough for the butter to melt. Core the pears and slice into 1/8 inch thick slices. Remove the skillet from the oven, swirl the butter to cover the pan, and add the pears to the pan. Drizzle with the honey and return the pan to the oven. Roast the pears until tender, 15 to 20 minutes. While the pears are roasting, combine all the ingredients for the pancake in a blender and puree until smooth. The batter will be loose and will possibly separate slightly. Be sure to pulse again right before adding to the pan. Once the pears are done, remove some of the pears so that there is only a single layer of pear pieces remaining. Set aside pears for topping. Pour the batter over the pears and return the skillet to the oven. Bake until the pancake has puffed and is golden, 25 to 30 minutes. Remove from oven. To serve, spoon the reserved pears on top and serve with a dollop of yogurt, extra honey, or a sprinkle of cinnamon. Serve warm.