

Coconut Pancakes

PREP TIME: 10 MINUTE

COOK TIME: 2-3 MINUTES PER PANCAKE

SERVES: 2 (ADJUST INGREDIENTS FOR MORE)

INGREDIENTS:

- 1/4 CUP OF COCONUT FLOUR
- 1/8 TSP BAKING SODA
- PINCH OF SALT
- 1/4 CUP OF COCONUT MILK
- 2 TBSP. OF COCONUT OIL
- 3 EGGS
- 1-2 TBSP. OF HONEY
- 1/2 TSP. OF VANILLA EXTRACT
- MAPLE SYRUP TO TASTE
- BERRIES TO TOP
- BUTTER FOR COOKING (GRASS-FED IF POSSIBLE)



DIRECTIONS:

NB: MAKE SURE YOU DON'T OVER MIX YOUR PANCAKE BATTER.

1. THOROUGHLY MIX THE EGGS, COCONUT OIL AND HONEY TOGETHER.
2. ADD THE COCONUT MILK AND VANILLA EXTRACT.
3. ADD IN THE COCONUT FLOUR, BAKING SODA, AND SALT, REMEMBER DON'T MIX TOO MUCH!
4. MELT A DAB OF BUTTER IN YOUR PAN AND THEN USING A MEASURING CUP, ADD A LITTLE BATTER TO THE PAN.
5. ALLOW TO COOK, CHECKING UNDERNEATH BY USING A SPATULA TO LIFT YOUR PANCAKE BEFORE FLIPPING.
6. SERVE WITH SYRUP AND MIXED BERRIES.