

Coconut pancakes

INGREDIENTS

$\frac{1}{4}$ Cup coconut flour

3 Eggs

$\frac{1}{4}$ Cup milk

2 Tbsp coconut oil

Pinch of baking powder

Pinch of salt

Additional:

Pinch of cinnamon

Xylitol

Vanilla Extract

NOTE: These pancakes can be used for sweet or savoury.



METHOD

Mix all the wet ingredients together.

Add the coconut flour, baking powder and salt to the wet ingredients and mix. Do not over mix.

In a well-oiled pan (I use coconut oil), add spoonful of batter and fry over low heat. It won't bubble like normal wheat pancakes so check regularly.

Flip once.

Best served warm.



FROM THE  OF: Cornia

