

# Pancakes

## INGREDIENTS

- $\frac{1}{4}$  Cup Coconut flour
- 3 Eggs
- 2 Tsp Xylitol (more to taste)
- $\frac{1}{4}$  Cup Butter
- $\frac{1}{4}$  Cup Cream
- $\frac{1}{2}$  Tsp Vanilla extract
- $\frac{1}{2}$  Tsp Baking powder
- $\frac{1}{4}$  Tsp Salt
- $\frac{1}{4}$  Tsp Xanthan Gum



## METHOD

Mix all the wet ingredients together.

Add the coconut flour, baking powder, xanthan gum 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.

Serve warm with low carb jam or nuts spread.



FROM THE  OF:

