

Coconut Flour Pancakes

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Ingredients:

6 eggs
1/4 cup applesauce
1 Tbsp honey or maple syrup
1/2 tsp sea salt
1/4 - 1/3 cup sifted coconut flour
1 tsp cinnamon (optional)
1/4 tsp baking soda
1-2 Tbsp butter

Preparation:

Blend together eggs, applesauce, honey and salt.
Now sift in coconut flour, cinnamon and baking soda. Mix thoroughly with whisk.
In a frypan, melt butter over to coat entire bottom of pan.
Over medium heat, pour batter into frypan (or use a griddle at 350). Make each pancake ~3-4" wide in diameter. Cook ~3-4 minutes on each side.
Top with a mixture of plain Greek yogurt. Option: add a dab of applesauce for added sweetness.