



# PALEO PANCAKES

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For all of you Paleo Whole30 junkies out there, here is a quick simple recipe to pancake extravaganza that is easy on your time and your taste buds.



## INGREDIENTS

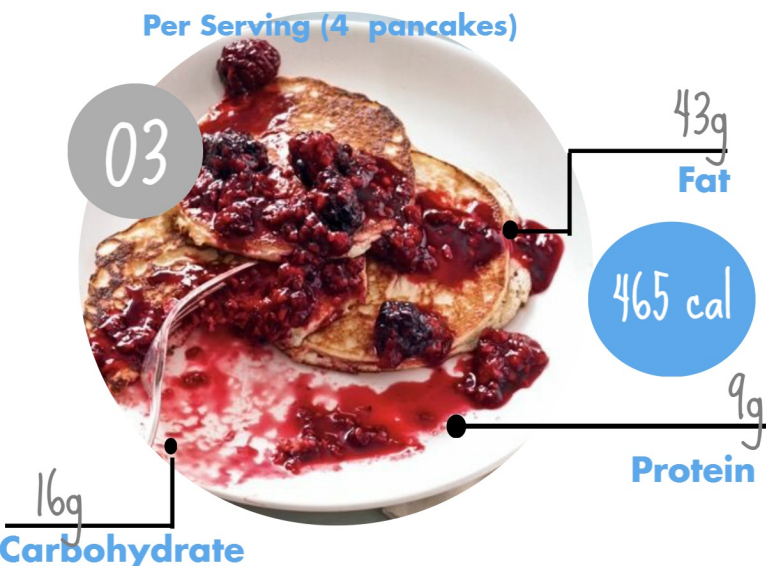
- 1/2 cup coconut flour
- 1/2 tsp baking soda
- 1 cup OG Canned Coconut Milk (full fat)
- 1 Tbsp Honey
- 3 Eggs
- 1 tsp Vanilla (optional)
- 1/2 tsp ground cinnamon (optional)
- 1-2Tbsp Ghee or Coconut Oil for greasing your skillet

## DIRECTIONS

1. Mix your dry ingredients until well combined
2. In a separate bowl or blender, blend your wet ingredients until very well combined, slightly frothy
3. Add your dry ingredients to your wet ingredients and mix well
4. You should have the consistency of loose mashed potatoes
5. Heat a skillet over medium heat, and melt some ghee or coconut oil
6. Once your ghee or coconut oil become fragrant drop batter by a kitchen tablespoon (not a measuring tablespoon) and spread until about 2-3 inches in diameter)
7. Give your pancakes some time to develop a 'crust', without any gluten, they can be finicky if tried to flip too early. I'd say about 3-4 min on that first side. Once you flip they will only need another 2 min to finish cooking.
8. Top off with some local honey, or a fruit compote and you have a fulfilling and healthy balanced breakfast.



Per Serving (4 pancakes)



## FINISHED DISH

You're looking for a true golden brown color! The pictures below may look like they are burnt, but I assure you, they are not. Trust me, give them time to set up...you will have much less anxiety when you go to flip

## HUNGRY FOR MORE?

Schedule your consultation with Chef Andrew at [www.flex5cft.com/chef-diaries](http://www.flex5cft.com/chef-diaries)

