COCONUT FLOUR PANCAKES

Fluffy & Nice!

INGREDIENTS

4 eggs, @ room temp
1 c. legal coconut milk*
2 tsp. legal vanilla
1 Tbs. honey
1/2 c. coconut flour*
1 tsp. baking soda
1/2 tsp. salt
butter for frying

*use these coconut products after being on the diet for 3+ months.

DIRECTIONS

1. Preheat non-stick skillet over medium-low heat.
2. In a small bowl, beat or whisk eggs until frothy and thick, about two minutes. Beat in coconut milk, vanilla, and honey.
3. In a mixing bowl, stir together coconut flour, baking soda, and salt. Stir in egg mixture until all ingredients are incorporated.
4. Grease pan with butter; using a soup spoon, make a small circle of batter for each pancake.
5. Cook until the tops dry out slightly and bottoms start to brown. Flip and cook an additional 2-3 minutes.
6. Serve hot with butter, honey, berry butter, and/or fruit. For a nice warm drink, flavor the remaining coconut milk with vanilla and honey. Warm and sip!

NOTES

Adapted from Nourishing Days.com, they taste wonderful with berry butter, made by beating softened real butter, frozen and thawed berries, and honey to taste. When cooking the pancakes, keep them small and watch them so they don't burn.

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