

Probiotic Grain Free Gluten Free Coconut Flour Pancakes

Ingredients

- | | |
|---|---|
| 3 eggs (Fresh from my friend's backyard happy hens!) | |
| 3 T melted coconut oil (make sure this stays warm - alternately, use organic butter from grass fed cows) | |
| (In Primal blueprint, this is 1/2 c amasai, milk n honey flavor coconut milk in a lesser quantity, I've done other adjustments here. Alternately use plain Amasai and add a little honey if you wish) | |
| 1/4 t sea salt | 1 t vanilla extract |
| stuff from Tropical Traditions | 1/2 c coconut flour (I love the |
| this stuff goes bad and then it | 1 t baking powder (check the date, won't work!) |
| 1/4 c water, warm (you may actually need more or less) | |

Probiotic Grain Free Gluten Free Coconut Flour Pancakes

Instructions

I use a large bowl (if you have a bowl with a spout - use it!) and a wire whisk to thoroughly mix the eggs, melted coconut oil or butter, Amasai, and vanilla extract. In another bowl, fully combine the salt, coconut flour, and baking powder. Gradually add the dry stuff to the wet stuff, continually mixing with the whisk. Add in a little of the warm water (cold water may cause the coconut oil to freeze up!) batter should be somewhat thick, not runny. The first time making this recipe can be a little less than optimal.

Heat your favorite well seasoned cast iron skillet, or other nonstick item and generously oil it up with coconut oil. Carefully spoon out or pour some of the batter onto the pan - you should try to make smaller pancakes - easier to flip and because there's no gluten holding things together, you want to make flipping as easy as possible - these pancakes are notoriously delicate. Other than that follow the normal pancake flipping clues - browned edges, bubbles coming up through the batter. Serve with organic butter, fruit, and/or a little honey.