

Coconut and Almond Pancakes

Here is an option for healthy pancakes without the sugar and typical flour. Almond flour (also sold as almond meal) is a gluten-free option that you can find in most well-stocked markets. Serve with fresh berries.

Preparation Time: 10-15 minutes

Cooking Time: 5-10 minutes

Serves: 2-3 (makes about 6 medium pancakes)

Ingredients:

1 cup almond flour/meal

¼ cup unsweetened coconut flakes

½ teaspoon aluminum-free baking powder

1/16 teaspoon sea salt

½ cup unsweetened almond milk

½ teaspoon pure vanilla extract

3 large organic, cage-free eggs, beaten

1 tablespoon organic ghee (clarified butter)

2 to 3 tablespoons almond butter

1 to 2 cups fresh berries of your choice

Directions:

Combine the almond flour, coconut, baking powder, and salt in a large bowl.

Combine the almond milk, vanilla, and beaten eggs in a separate bowl.

Make a well in the dry ingredients and pour in the egg mixture, mixing well.

Heat a pan to medium heat. Add the ghee and melt. Ladle the pancake batter into the pan and cook for 3 to 5 minutes. Flip and cook for another 2 to 4 minutes, until golden.

Heat the almond butter until warm and drizzle a spoonful over each stack of pancakes. Garnish with berries and serve.

Enjoy!

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