BetterBody Foods

Coconut Pancakes

Prep: 30 min Cook: 0 min Total: 30 min Servings: 6

Calories: 330 Fat: 15g Protein: 8g Carbs: 38g Fiber: 14g

Ingredients

- 4 eggs
- 1 cup unsweetened coconut milk
- 2 tsp vanilla extract
- 1/4 tsp sea salt
- 1 Tbsp agave or honey
- 2/3 cup coconut flour
- 1 tsp baking soda
- Coconut oil for frying
- Chopped almonds for sprinkling
- For Syrup
- 5 Tbsp maple syrup
- 1/4 tsp vanilla extract

Directions

1. Make the vanilla syrup by warming the maple syrup and vanilla together in a small saucepan over low heat. Set aside.

2. To make pancakes, blend all the pancake ingredients, except the coconut oil and chopped almonds, until smooth.

3. In a frying pan, melt the coconut oil over medium-high heat. Cook the pancakes in batches: when the oil is hot, spoon in 2 Tbsp of mixture per pancake and allow to spread naturally into a round. Cook for 3-4 minutes until bubbles form on the top and the bottom is golden brown. Flip the pancakes and cook for a further 2 minutes so that both sides are golden. Keep warm while you cook the remaining pancakes.

4. When all the pancakes are cooked, stack them on a plate and drizzle with vanilla syrup and sprinkle with chopped almonds.

5. Enjoy your Coconut Pancakes!