

# Coconut flour pancakes with a mixed berry compote

## Ingredients

- 4 eggs
- 220ml cup milk
- 2 teaspoons of vanilla extract
- 2 tsp of honey
- 40g coconut flour
- 20g ground almonds
- 1 tsp baking soda
- Pinch of salt

## The compote

- Bag of frozen raspberries
- 2 tsp honey

## Additional items for serving/cooking

- Greek yoghurt for serving
- Coconut oil for frying



## Method

Note\* if you want to serve as a stack, then pre heat your oven to keep the pancakes warm whilst you cook them all

1. If you have a Nutribullet or similar blender, then stick all of the ingredients in and blend for a minute
2. If you don't have a blender as above, beat the eggs for a couple of minutes until a little frothy, then add the milk, vanilla essence, 2 tsp honey, and beat for another minute
3. In a separate bowl, mix the coconut flour, ground almonds, baking soda and salt
4. Stir in the egg mix into the coconut flour mix and set aside for a minute
5. Note that the mixture will thicken slightly and should be quite thick to create the small American style pancakes.
6. In a small pan, on a medium - low heat, empty the bag of frozen fruit and 2 tsp honey and cook through. Leave to cook stirring gently occasionally and turn the heat down. This should only take 5 minutes. Keep warm on a low heat
7. Using a good non-stick frying pan, heat the pan through on a high heat. Add a little coconut oil to the pan, turn the heat down to a medium heat and add a scoop of pancake mixture. You want these to be like small American style pancakes that are thicker. Cook for a few minutes on each side then either serve straight away, or keep warm in the oven until you have cooked a stack and serve with the berry compote and some Greek yoghurt.

Alternative: you can serve these with grilled, fat trimmed bacon and scrambled eggs