

Coconut Flour Pancakes

Ingredients

1/4 c Coconut Flour
1/4 t Baking Soda
2 T Peanut Butter
2 Eggs
1 1/2 t Maple Syrup
1/4 c Banana (mashed)
1/4 c Milk

Instructions

1. In large bowl whisk together coconut flour and baking soda; set aside.
2. In a separate medium bowl, mix together the peanut butter, eggs, maple syrup, banana and milk together until smooth and well combined.
3. Add wet ingredients to flour mixture and mix together. If you find that the batter is WAY too thick (almost paste like), you can add in a teaspoon or two of milk until it is smooth, but still THICK.
4. Lightly coat a griddle with cooking spray and place over medium-low heat. Drop about 3 tablespoons of the batter onto the skillet; you may need to use a spoon to spread out the batter just a bit. It's important not to place more than 3 tablespoons of batter at a time; the pancakes

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can be hard to flip if they are too large, so smaller pancakes are best. Cook until bubbles appear on top and the edges are well cooked.

5. Flip cakes and cook until golden brown on underside, 2 minutes. If you find that the pancakes are browning too quickly then you need to lower your skillet heat a bit. Wipe skillet clean and repeat with more cooking spray and remaining batter.