

## Coconut Flour Pancakes with Blueberries, Blackberries & mixed nut butter.

Makes 1 big portion or 2 medium and takes approx. 15 minutes to make.



### For the pancake batter:

¼ cup of coconut flour

2 eggs

½ cup of rice, coconut or almond milk (you might need to add more milk as the coconut flours and size of the eggs vary)

1/8 tsp cinnamon

Pinch of salt

½ tsp of baking soda or baking powder

Few drops of vanilla essence (optional)

Few drops of stevia or pinch of powdered stevia... or any other sweetener of your choice (optional)

Coconut oil or butter for frying, or any other healthy oil of your choice.

### For the berry sauce:

Few drops of stevia or any other sweetener of your choice (optional)

1 cup of berry fruits

Mix all wet ingredients first until frothy then mix dry ingredients and then stir wet mixture into dry until all combines. Leave the batter to rest for few moments and in the meantime put the fruits and the sweetener into a small saucepan with a bit of water. Simmer it for up to 10min until fruits will almost liquidise but still retaining a bit of the shape. I added a tbsp. of chia seed to make it thicker.

Heat the oil in the pan and when hot put 1 or 2 tbsp. of batter (depending on how big you want your pancakes) on the pan spreading slightly with the back of the spoon. Depending on the size of your pan you can fit few pancakes at the time. Fry for few minutes on each side. Re-grease the pan before each new pancake batch.

I served mine with a bit of mixed nut butter on every other pancake and topped them up with the berry sauce, almond flakes and fresh berries. Go creative with your toppings and enjoy 😊