

Allyce's Paleo Pancakes



INGREDIENTS:

- ◆ 4 eggs
- ◆ ½ cup fruit puree of choice (my favourites are applesauce, pear puree, butternut squash puree, pumpkin puree)
- ◆ 1 teaspoon pure vanilla extract
- ◆ 1 teaspoon cinnamon (or other spice of choice)
- ◆ ¼ teaspoon baking soda

METHOD:

Step 1

In a bowl, stir together the wet ingredients (eggs, fruit puree, vanilla).

Step 2

In another small bowl combine the dry ingredients (almond flour, cinnamon, baking soda). Whisk the dry ingredients into the wet ingredients until combined.

Step 3

In a frying pan heat up a little coconut oil or butter. Pour a little batter into the pan (I make my pancakes about 2x2 inches as my kids like small pancakes). Use medium to low heat as these pancakes can burn easily. Cook about 2-3 minutes per side until golden brown.