

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Better than Grandma's Pancakes

[The Real Food Diet Cook Book, by Dr. Josh Axe]

Ingredients:

- 1 cup gluten-free pancake mix
- 2 eggs
- ¼ cup coconut milk
- 1 scoop protein powder (optional)
- ½ cup berries or applesauce
- ½ tsp cinnamon
- Stevia to taste
- 2 tbsp. coconut oil or butter
- grade B maple syrup

Directions:

- Mix all ingredients (through Stevia) together in a bowl.
- Heat coconut oil or butter in a skillet over medium heat. Drop batter by scant ¼ cup in a pan and cook until done, flipping once.
- Drizzle with grade B maple syrup.