

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.

Fluffy Little Almond Flour Pancakes

(www.thenourishinghome.com)

Ingredients:

- 1 1/2 cups blanched almond flour
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 3 large pastured eggs, room temperature
- 1/4 cup organic cultured buttermilk (or *pure coconut milk)
- 1 tbsp pastured butter (or coconut oil), melted
- 1 tbsp pure maple syrup
- 1 tsp pure vanilla extract

Directions:

- Preheat griddle over medium heat.
- Place all of the liquid ingredients into your blender, then place all of the dry ingredients on top. Cover and blend on low to start, then increase to high and blend at least 1 full minute.
- Please note: The batter will be very thick like a thick cake batter. If it is too thick for your liking, a simple option to correct the consistency is to simply add an additional tbsp of buttermilk (or coconut milk) to the batter one tbsp at a time, blending thoroughly before adding another tbsp, until the desired consistency of batter is reached. Adding extra milk may make the pancakes a bit thinner (depending upon how much extra milk is added), but it should not dramatically impact the flavor.
- Grease preheated griddle with butter (or coconut oil).
- Ladle a spoonful of batter onto the griddle to form a silver dollar size pancake (about 3" in diameter).
- Cook for a few minutes, until pancakes begin to dry out at edges and the bottoms are a golden brown. It's important to keep a careful eye on them as almond flour pancakes burn easily. (I like to take a little peek under one of the pancakes to check, before flipping.)
- Carefully flip and cook another few minutes until done, but not over-browned.
- Serve hot off the griddle with cultured butter, pure maple syrup and a medley of fresh berries.

Notes

- Fabulous Fruity Pancakes: To make fabulous fruity pancakes, do not add fruit directly into the pancake batter. Instead, once you ladle out the batter onto the hot griddle, add a small amount of fresh whole blueberries (or other diced fruit of your choice) to the top of each pancake prior to flipping. This ensures that the pancakes cook through evenly. It's also best to use fresh fruit, since frozen fruit tends to be excessively moist and may result in a soggy pancake.
- If using coconut milk, for best results, be sure to use full fat coconut milk, not "lite" coconut milk, or coconut milk beverages. (Natural Value brand canned unsweetened coconut milk is BPA-free and does not contain guar gum or other fillers.)
- Time Saving Tip: Make a double batch and allow extra pancakes to cool on wire rack. Then place cooled pancakes on baking sheets and place baking sheets in freezer. Once pancakes are frozen, remove from baking sheet and place frozen pancakes in freezer-safe container. Store in freezer for up to one month. No need to thaw, simply reheat frozen pancakes in toaster oven (at 275 degrees) for a quick, healthy breakfast.