THE J.M. SMUCKER Co

Almond and Coconut Flour Pancakes

Prep Time	Cook Time	Serves	Difficulty
10 mins	10 mins	5	N/A

Ingredients

- 3 eggs
- 1/4 cup (50 mL) milk, dairy or non-dairy
- 1/2 cup (125 mL) **Robin Hood®** Almond Flour

  Robin Hood® Almond Flour (Gluten Free)

- 3 tbsp (45 mL) **Robin Hood®** Coconut Flour
- 1 tsp (5 mL) cinnamon
- 1/2 tsp (3 mL) baking powder
- 2 tbsp (15 mL) coconut sugar or maple syrup, optional
- optional: blueberries, shredded coconut, chocolate chips, banana slices, chopped nuts, etc.
- butter or coconut oil for frying

Directions

Step 1:

Combine wet ingredients in medium bowl. Whisk in dry ingredients. Add optional ingredients if desired. Melt butter or coconut oil in frying pan over medium heat. Drop batter by 1/4 cup-fuls (50 mL) into hot pan. Cook until brown and bubbly. Carefully flip and continue cooking until puffy and golden, 1-2 minutes. Serve hot with syrup.

Images

