

Primal Pancakes

Makes around 8 small pancakes. The kids are going to love these.

Ingredients:

- 2 large eggs
- 3 tbs coconut or almond milk
- ½ mashed ripe banana
- ½ tsp apple cider vinegar
- ½ tsp vanilla essence
- 1 ½ tbs coconut flour
- 1 to 2 tsps xylitol
- ½ tsp ground cinnamon
- ¼ tsp bicarbonate of soda/baking soda
- Pinch salt
- Coconut oil or butter for frying



Method:

1. Whisk together all wet ingredients.
2. Mix in the dry ingredients until all combined into a batter.
3. Melt the butter or coconut oil in the pan.
4. Drop tablespoons of the batter into a pan and cook on each side until golden brown.

Serve with fresh fruit, honey or xylitol, butter or cream.

