

Mark's Kitchen

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Blueberry-Walnut Pancakes

Sometimes I miss seeing a stack of pancakes on the brunch table, but now I don't have to. These grain-free, sugar-free, dairy-free pancakes are the perfect guilt-free treat for breakfast and brunch. They're easy to make, and the whole family will love them. Yum!

Serves: 2-3

Ready in: 20 minutes

Ingredients:

3 large omega-3 eggs
3/4 cup almond milk
1/2 tablespoon freshly squeezed lemon juice
1 teaspoon vanilla extract
1/2 cup coconut flour

1/2 teaspoon baking powder
1/2 teaspoon baking soda
pinch of sea salt

1/4 cup roughly chopped walnuts
coconut oil, for greasing the skillet (about 1/4 cup)
1 pint fresh blueberries
1/2 cup arrowroot
1 teaspoon cinnamon

Step 1: In a large bowl, whisk the eggs and then add the almond milk, lemon juice, and vanilla. Whisk until well blended. In a separate bowl, mix together the coconut flour, cinnamon, baking powder, baking soda, salt, and arrowroot. Add the dry ingredients to

the wet mixture, 1/4 cup at a time, while continuously whisking. Once combined, gently fold in the walnuts.

Step 2: Grease a large skillet and place over medium heat. Once the skillet is hot, use a ladle to pour 3-inch pancakes onto the skillet. Cook until bubbles appear, then flip. The pancake should cook on each side for about 2-3 minutes. Repeat with rest of the batter. Add a tablespoon or more of coconut oil to the hot griddle, as needed.

Step 3: Make a blueberry sauce by simmering the blueberries in a small saucepan with 2 tablespoons of water for 10 minutes before serving.

Step 4: To serve, place 3 pancakes on a plate and top each stack with the blueberry sauce.

Nutritional analysis per serving:

Calories 423 • Total Fat 19 g • Protein 12 g • Fiber 14 g • Sugar 14 g • Sodium 416 mg