



The Nourishing Home – Almond pancakes

Fluffy Little Almond Flour Pancakes (GF, DF Option)

Yield: 20 dollar size pancakes

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 pure coconut milk
- 1 tbsp unsalted butter (or coconut oil), melted
- 1 tbsp honey (or maple syrup)
- 1 tsp pure vanilla extract
- 1/4 tsp apple cider vinegar

Instructions

UPDATE: I am excited to share a faster and easier way to make these delicious fluffy pancakes by using your blender. This method is what I recommend in my cookbook, [Everyday Grain-Free Baking](#). It not only saves a lot of time (and dishes), but we've also discovered that the pancakes are just as fluffy, yet with a much lighter flavour and texture. Here are the updated instructions:

1. Preheat griddle over medium heat.
2. 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.
3. 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 tablespoon of coconut milk to the batter one tablespoon at a time, blending thoroughly before adding another tablespoon, 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 flavour.
4. Grease preheated griddle with butter (or coconut oil).
5. Ladle a spoonful of batter onto the griddle to form a silver dollar size pancake (about 3" in diameter).
6. 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.)
7. Carefully flip and cook another few minutes until done, but not over-browned.
8. Serve hot off the griddle with cultured butter, pure maple syrup and a medley of fresh berries.

Original Instructions for Preparing: For those who would like to follow the original instructions, I've left them intact below.

9. In a small bowl combine the blanched almond flour, baking soda and salt.
10. Next, separate the egg whites from the yolks. Place the egg whites in a medium bowl; set aside.
11. Place the egg yolks in a large bowl and whisk in the melted butter (or coconut oil). (Be sure the melted butter/oil has cooled to touch before adding, otherwise you may end up with some cooked egg-yolk bits.) Next, whisk in the milk, maple syrup, vanilla and apple cider vinegar.
12. Then, add the dry mixture to the egg yolk mixture, whisking well to thoroughly combine, making sure there are no lumps in the batter.
13. Using a clean large wire whisk, whisk the egg whites rapidly until very foamy (about two minutes).



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14. Then, use the whisk to fold the whipped egg whites into the batter; by gently turning the batter over and over again, until well combined. If batter is too thick, see step 3 above. To cook, follow steps 4-8 above.

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.

*For best results, be sure to use full fat coconut milk, not "light" coconut milk, or coconut milk beverages.

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.