



## ADVANCE BIOMEDICAL TREATMENT CENTER

35 Jolley Drive Suite 102 Bloomfield, CT 06002

Tel 860.242.2200 Fax 860.242.2212 www.AdvBioMedTx.com

### **Almond-Coconut Pancakes**

(Adopted from ComfyBelly)

#### **Ingredients**

- 4 large eggs
- 1/2 cup coconut milk or water
- 1 tablespoon vanilla extract
- 2 tablespoons honey or other liquid sweetener
- 3/4 cups [almond](#) meal
- 3/4 cup coconut flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- a few tablespoons of cooking oil or ghee (for the skillet)

#### **Method**

1. Whisk together all the wet ingredients in a large bowl.
2. Add the dry ingredients to the wet ingredients and blend well.
3. Heat a skillet on a low to medium heat with about 1 tablespoon of oil or ghee.
4. Spoon 1 tablespoon of batter per pancake on the heated skillet.
5. When you can slide a spatula under the pancake easily, flip the pancake and cook on the other side.
6. Cook for a few more minutes and place the cooked pancakes on a warm plate and cover. Repeat for the remaining batter.
7. Enjoy with honey syrup, maple syrup, cinnamon, fruit, jam, ice cream, or yogurt topping.

Makes about 20 silver-dollar sized pancakes or about 4 servings