



cara price

PANCAKES WITH APPLE CINNAMON MAPLE SYRUP

INGREDIENTS

for the pancakes:

- 1/4 cup + 2 tablespoons coconut flour
- 1/4 cup + 2 tablespoons arrowroot flour
- 1/2 cup light coconut milk
- 3 eggs
- 3 tablespoons avocado oil
- 2 tablespoons coconut sugar
- 2 tablespoons maple syrup
- 1 tablespoon vanilla
- 2 teaspoons baking soda
- 1/2 teaspoon salt

for the apple cinnamon syrup:

- 1/2 cup pure maple syrup
- 2 red apples, peeled & chopped into bite size pieces
- 2 tablespoon ghee
- 2 tablespoons coconut sugar
- 1 teaspoon cinnamon

you will also need a small amount of oil or ghee for pancake griddle

DIRECTIONS

heat a pancake griddle to 325.

make the apple cinnamon maple syrup first. in a small saucepan, melt the ghee over low heat. add in maple syrup, coconut sugar & cinnamon & whisk until smooth. add apples to the syrup & stir. turn the heat up slightly until the syrup begins to have a slow boil. adjusting heat as necessary keep the mixture at a very low boil for 5 minutes, stirring often. check apples to see if they are tender with still a bit of a bite to them. if so, they are done. if not, continue cooking in 1 minute increments, checking as you go. once the apples reach your desired softness, turn off heat & allow the syrup to sit while you make the pancakes.

to make the pancakes, add all the dry ingredients into a medium mixing bowl. in a separate bowl, whisk together wet ingredients.

combine the wet & dry ingredients & whisk until smooth.

place a small amount of oil or ghee onto griddle & pour 1/8 cup of pancake batter on to griddle. when it begins to bubble & look firm on the edges, flip the pancake & cook until both sides are evenly browned.

serve immediately with apple cinnamon maple syrup.