



# COCONUT FLOUR PANCAKES

THE LITTLE GLUTEN FREE  
RECIPE BOOK PUBLISHED BY  
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Prep and cook time: 20 min  
Difficulty: easy  
Cannot be frozen

## Ingredients:

4 eggs  
225 ml / 8 fl oz coconut milk  
1 tsp vanilla extract  
1 tbsp honey  
55 g / 2 oz coconut flour  
1 tsp bicarbonate of soda  
1/4 tsp salt  
oil or butter, for cooking



## Method

- 1 Whisk the eggs until frothy, then whisk in the coconut milk, vanilla and honey until smooth.
- 2 Sift in the coconut flour, bicarbonate of soda and salt and beat well to a thick batter.
- 3 Heat a little oil or butter in a frying pan and cook large spoonfuls of the batter for 3-4 minutes on each side, until golden brown. Serve warm.