



# ALMOND FLOUR PANCAKES + BERRY TOPPING

## Serves 2-3

This grain-free, vegan recipe is great for family breakfast and can easily be used for meal prep during the week.

## The Ingredients

### Pancakes

- 1 cup almond flour
- 2 flax "eggs" or preferred egg replacement
- 1/2 tsp of baking powder
- 1/4 cup of almond milk or water
- 1 tsp of melted coconut oil (extra for pan)
- 1 tsp of vanilla extract
- pinch of salt

### Berry Topping

- 1/2 cup of frozen berries
- 1/2 tbsp of lemon juice
- 2 tbsp of water
- 2 tsp of raw sugar or stevia

## The Method

1. Mix together all dry ingredients in one bowl. In a separate bowl, combine wet ingredients. Whisk together. \*option to add cocoa nibs or fresh berries.
2. Coat large pan with oil or non-stick spray. Add pancake batter. Turn heat to low.
3. Flip pancakes once they begin to bubble on the top for best results.
4. While pancakes cooking: Add all berry topping ingredients in a small pot, simmer until reaches a syrup consistency.
5. Plate pancakes and add hot berry topping to stack.
6. Serve and eat immediately.
7. - pancakes can be refrigerated for up to a week
8. - berry topping is best fresh