

YOUNG LIVING[®]
ESSENTIAL OILS

CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



PUMPKIN COCONUT PANCAKES



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MAKES 10 - 15 pancakes, depending on size

PREP TIME 15 minutes

COOKING TIME 15 - 20 minutes

A NOTE FROM CHEF KATE

“These are one of my all-time favourites to make for breakfast. I love them so much I even make them for dinner sometimes! They were also a big hit with many of my clients, including Miranda Kerr and Orlando Bloom. You can also use organic (unsweetened) canned pumpkin to save time.”

INGREDIENTS

- 2½ cups Cooked, mashed pumpkin (cooled), or unsweetened canned pumpkin
- 4 Eggs, lightly beaten
- 2 cups Gluten-free self-raising flour
- ½ cup Yoghurt of choice
- ½ cup Coconut milk, or milk of choice
- ½ tsp. Vanilla essence (optional)
- ½ tsp. Sea salt, to taste
- Coconut oil, ghee or butter, for cooking and serving
- 1 - 2 drops Young Living Cinnamon Bark and/or Orange essential oil



METHOD

1. In a medium to large bowl, mix all the ingredients together well. You can also add all the wet ingredients, then dry ingredients to your blender or food processor and mix until well combined.
2. If the batter is thick, thin it with more coconut milk, filtered or spring water.
3. Heat a large frying pan to medium-to-high heat and add a generous amount of coconut oil to the pan. Let it heat for about 1-2 minutes.
4. Spoon enough batter into the pan to form an 8 cm round pancake. Repeat, leaving a little space between pancakes for turning.
5. Cook for about 2 minutes on one side until they start to brown, then flip over carefully and cook for another 2 minutes. Adjust the temperature of the pan if required.
6. Serve immediately or transfer to an oven-safe baking dish and loosely cover with baking paper and put them in a 120°C oven to keep warm until ready to serve.