



Coconut Pancakes with Triple Berry Compote and Coconut Cream

Recipe

Yields 10 pancakes

Ingredients

- 1 1/4 cup oat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 cup coconut sugar
- 1 teaspoon xanthan gum
- 1 tablespoon ground flax seeds
- 1 tablespoon unsweetened shredded coconut
- 1 egg
- 1 tablespoon melted coconut oil
- 3/4 cup unsweetened coconut milk (tetra pack like Coconut Dream or Silk)
- 2 teaspoons raw apple cider vinegar

Triple Berry Compote

- 2 cups mixed berries
- 1 tablespoons arrowroot powder mixed with 1/4 cup water

Coconut Cream

- 1 can Thai Coconut Milk, refrigerated*

Method

1. Combine oat flour, baking powder, baking soda, xanthan gum, ground flax seeds and coconut into a bowl.
2. In a separate bowl mix together coconut milk, egg, raw apple cider vinegar, and coconut oil.

3. Mix the wet ingredients with the flour mixture. Let sit for 5 minutes for the flax seeds to thicken the batter.
4. Meanwhile, prepare berry compote. Using a medium sauce pot, add berries and a tablespoon of water. Heat on medium heat. Mash berries with a potato masher to create a unifying consistency. combine arrowroot powder with water and add to berry compote. Stir until thickened and remove from heat.
5. Heat a skillet to medium, and add 1/4 cup of batter for each pancake. Cook until bubbles start showing through, flip pancake and cook until golden brown.
6. Serve with berry compote and coconut cream.

*Place a full fat can of coconut milk in the fridge overnight. Open the can upside down and drain the coconut water or use for another recipe. Use the coconut cream to top off your pancakes.

Enjoy!