



Cassava Flour Pancakes

Surprise and delight your loved ones with these tasty, fluffy, gluten-free and grain-free Paleo pancakes. For added decadence, try serving them with whipped vanilla coconut cream and/or fresh fruit!

Yield: about eight 4-inch pancakes

Ingredients

- $\frac{3}{4}$ cup (84 g) [Pamela's Cassava Flour](#)
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 eggs, large, beaten
- $\frac{1}{4}$ cup coconut milk
- $\frac{1}{4}$ cup coconut oil, melted
- 2 tablespoons honey
- $\frac{1}{2}$ teaspoon apple cider vinegar
- nonstick cooking spray

Directions

In a medium bowl, whisk together Cassava flour, baking powder, and salt. Add eggs, coconut milk and oil, honey, and vinegar, and mix well with the whisk until smooth.

Heat large skillet or griddle to medium heat (350°). Spray cooking surface with nonstick cooking spray. For each pancake, scoop 2 tablespoons batter for small pancakes or $\frac{1}{4}$ cup for medium, onto skillet and cook until a few bubbles form on top and edges are just starting to firm, about 2 to 3 minutes. Pancakes will be a little sloppy when you turn them—push spatula under half the pancake and gently flip it. Cook for about 1 more minute until cooked all the way through. Remove from pan and serve immediately.

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