



### Coconut Flour Paleo Pancakes – Day 1

#### Ingredients

- 4 eggs, room temperature (substitute egg, use 1 egg = 2 Tbsp. water + 1 Tbsp. oil + 2 tsp. corn free baking powder\*)
- 1 cup coconut milk
- 2 teaspoons vanilla extract
- 1 tablespoon coconut nectar (coconut sap)
- 1/2 cup coconut flour
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/4 teaspoon cinnamon (substitute, use clove)
- coconut oil for frying



#### Instructions

1. Preheat pan or griddle over medium-low heat. Beat eggs in a stand mixer until frothy. Mix in milk, vanilla, and coconut nectar.
2. In a small bowl combine coconut flour, baking soda, sea salt and cinnamon and whisk together.
3. Combine dry mixture with wet in the stand mixer and beat on medium speed for about 30 seconds. Scrape down sides of bowl then mix on medium to medium-high for another minute or two or until the coconut flour is completely mixed into the batter.
4. Grease pan with coconut oil. Pour batter to create pancakes that are about 3 inches in diameter. If the batter seems too thin you may need to add a small amount of coconut flour to achieve the desired consistency.
5. Cook for approximately 3 minutes, flip and cook an additional 2-3 minutes.
6. Serve hot with coconut oil, coconut nectar, agave nectar, honey, syrup or fruit.

#### ENJOY!

<http://paleospirit.com/2011/coconut-flour-paleo-pancakes/> - modified by nourishingday.com.

*Modified by Laura McKay, B.S., Health Educator*

\*Corn free baking powder : (2 tbsp. cream of tartar, 1 tbsp. baking soda, 1 tbsp. tapioca starch/flour. Mix well.)

## The Allergy & Environmental Treatment Center

*Testing, Diagnosis & Treatment of Environmental and Food Allergies.*



**The Allergy & Environmental Treatment Center**  
 Edwards Professional Park II  
 8952 East Desert Cove Drive, Suite 114  
 Scottsdale, Arizona 85260  
 Clinic: (480) 634.2985

**Schedule an Appointment!**  
 Monday: 9:00 am - 7:00 pm  
 Tuesday: 9:00 am - 5:30 pm  
 Wednesday: 9:00 am - 8:00 pm  
 Thursday: 9:00 am - 5:30 pm  
 Friday: 7:30 am - 5:00 pm  
**2 Saturdays/Month**  
 Saturday: 9:00 am - 1:00 pm  
 Saturday: 8:00 am - 11:00 am

(See Website testing calendar for Saturday Schedules.)

**Call: (480) 634-2985**

The Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating allergy illnesses presenting symptoms associated with food, environmental and chemical allergens. The clinic offers sophisticated testing technology which isolates the exact causes of symptoms. This is followed by a precise treatment regimen designed to return individuals to a healthy and vibrant lifestyle.