

Nut Pancakes

2 eggs

2 tbsp Coconut Oil/ Butter/Coconut Ghee, melted...1 in pan and 1 in batter

2 tbsp Coconut Milk or Almond Milk

1 tsp Raw Sugar

¼ tsp Sea Salt

¾ c Raw Walnuts/Pecans/Almonds/combo of all

¼ tsp Aluminum Baking Powder

Whisk together eggs, oil, coconut milk, sugar and sea salt, set aside. Food Process the Nuts until finely chopped but still loose (not to the point they become a nut butter). Combine nuts and baking powder and mix into batter. Heat 1 tbsp of coconut oil in a skillet. Pour the batter onto hot skillet, make your pancakes about 2 ½ to 3 inches in diameter. The batter will be thick, but your pancakes will be flat and light when done. I like to serve these with fresh fruit, fruit preserves, a touch of pure grade B maple syrup, or even nut butter.