



Flax-Coconut Pancakes

 Vegetarian  Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

30

CALORIES

calories

110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup brown rice flour see Note
- ☐ 3 tablespoons coconut flour see Note
- ☐ 0.3 cup coconut oil melted plus more for the griddle
- ☐ 2 large eggs
- ☐ 2 tablespoons flaxseed meal
- ☐ 30 servings fruit and maple syrup fresh for serving
- ☐ 1.3 cups milk at room temperature

- ☐ 3 tablespoons potato flour see Note
- ☐ 0.3 cup rice flour white see Note
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons tapioca flour see Note

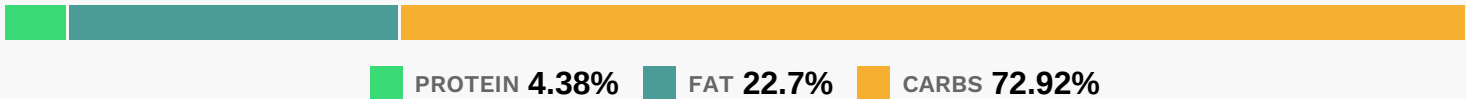
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large bowl, whisk the brown and white rice flours with the sugar, potato starch, tapioca starch, coconut flour, flaxseed meal, baking powder and salt. In another bowl, whisk the eggs and milk with the 1/4 cup of coconut oil; whisk into the dry ingredients just until the batter is moistened.
- ☐ Add a tablespoon of milk if the batter is very thick.
- ☐ Preheat a griddle and brush lightly with coconut oil. For each pancake, scoop 3 tablespoons of the batter onto the griddle, allowing it to spread on its own. Cook over moderate heat until bubbles appear on the surface, about 3 minutes. Flip and cook the pancakes until they have risen and are golden brown on the second side, about 2 minutes longer.
- ☐ Transfer the pancakes to plates and serve with fruit and maple syrup.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:7.28, Inflammation Score:-1, Nutrition Score:3.456521804566%

Nutrients (% of daily need)

Calories: 110.41kcal (5.52%), Fat: 2.82g (4.34%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 19.84g (7.21%), Sugar: 14.25g (15.83%), Cholesterol: 13.62mg (4.54%), Sodium: 60.26mg (2.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Manganese: 0.57mg (28.37%), Vitamin B2: 0.29mg (16.85%), Calcium: 53.97mg (5.4%), Phosphorus: 34.81mg (3.48%), Magnesium: 10.83mg (2.71%), Vitamin B1: 0.04mg (2.66%), Potassium: 83.33mg (2.38%), Selenium: 1.62µg (2.32%), Fiber: 0.55g (2.18%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (2.04%), Vitamin B12: 0.08µg (1.41%), Vitamin B5: 0.14mg (1.4%), Iron: 0.22mg (1.21%), Vitamin D: 0.18µg (1.19%), Vitamin B3: 0.23mg (1.15%)