



Spiced Coconut Pancakes with Tropical Fruit



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



319 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.7 cups coconut milk light unsweetened canned
- ☐ 0.8 teaspoon ground allspice
- ☐ 0.8 teaspoon nutmeg
- ☐ 2 tablespoons maple syrup pure
- ☐ 20 servings maple syrup pure
- ☐ 20 servings pistachios unsalted chopped (for garnish)

- ☐ 1 cup coconut shredded unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 20 servings vegetable oil
- ☐ 2.5 cups flour whole wheat

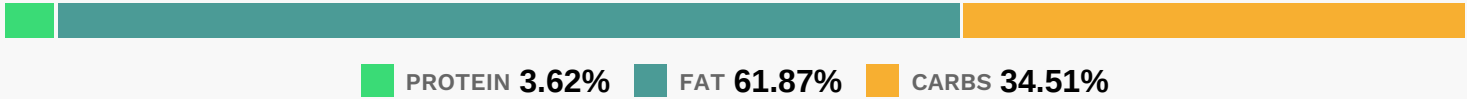
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 250°.
- ☐ Whisk first 6 ingredients and 3/4 teaspoon salt in large bowl.
- ☐ Whisk coconut milk, 1 1/4 cups warm water, 2 tablespoons maple syrup, and vanilla in medium bowl.
- ☐ Whisk coconut milk mixture into dry ingredients until batter is pourable.
- ☐ Heat griddle or skillet over medium-high heat; brush with vegetable oil. Working in batches, add batter by 1/4 cupfuls. Working quickly and using back of spoon, spread each pancake to about 4-inch round. Cook until small bubbles appear on surface and bottoms of pancakes are golden, reducing heat if browning too quickly, 2 to 3 minutes. Turn over; cook until golden, 1 to 2 minutes.
- ☐ Transfer to baking sheet. Keep warm in oven.
- ☐ Place 2 to 3 pancakes on each plate. Top with tropical fruit salad, maple syrup, and chopped pistachios.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:5.53, Inflammation Score:-2, Nutrition Score:9.7821739924991%

Nutrients (% of daily need)

Calories: 319.24kcal (15.96%), Fat: 22.63g (34.81%), Saturated Fat: 9.16g (57.24%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 25.46g (9.26%), Sugar: 14.43g (16.04%), Cholesterol: 0mg (0%), Sodium: 63.27mg (2.75%), Alcohol: 0.22g (100%), Alcohol %: 0.36% (100%), Protein: 2.98g (5.96%), Manganese: 1.45mg (72.26%), Vitamin K: 26.2µg (24.95%), Vitamin B2: 0.31mg (18.34%), Selenium: 11.47µg (16.39%), Fiber: 2.94g (11.75%), Phosphorus: 96.87mg (9.69%), Magnesium: 38.27mg (9.57%), Vitamin E: 1.32mg (8.83%), Copper: 0.17mg (8.32%), Vitamin B1: 0.11mg (7.01%), Iron: 1.14mg (6.35%), Calcium: 58.77mg (5.88%), Potassium: 193.99mg (5.54%), Zinc: 0.8mg (5.32%), Vitamin B3: 0.96mg (4.8%), Vitamin B6: 0.09mg (4.66%), Folate: 10.81µg (2.7%), Vitamin B5: 0.17mg (1.7%)