

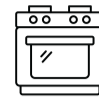
Strawberry Blender Pancakes



Makes:
10 pancakes



Prep Time:
5 minutes



Cook Time:
25 minutes

Some days, there's just nothing like a plate of warm pancakes for breakfast. This recipe is extra quick and easy since you just throw everything in the blender and then you're ready to cook.

Eggs and almond flour help you start the day with some protein, which is essential for regulating cravings and building metabolism boosting muscle. Coconut yogurt gives these pancakes some healthy fats and a light fluffy texture while coconut flour adds some extra fiber for a happy gut.

I'm sure the whole family will love these! If you have the time, make a double batch and freeze the extras for an easy grab and go morning meal.

*Wishing you health and happiness,
Mark Hyman, MD*

Ingredients:

Pancakes

- 4 large pasture-raised eggs
- 1/3 cup + 2 tablespoons cultured coconut yogurt such as Culina or Cocoluna
- 1 tablespoon olive or avocado oil, plus more for frying
- 1/2 teaspoon vanilla extract
- 1/4 cup coconut flour
- 1 cup fine almond flour
- 1/8 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/4 cup raw walnuts, chopped
- 1/2 cup strawberries, chopped

Serving Suggestion

- Strawberries
- Maple syrup (optional)
- Extra coconut yogurt

Method:

1. Add the eggs, coconut yogurt, olive oil, vanilla extract, coconut flour, almond flour, salt, and baking soda into a high-speed blender. Blend until smooth, 15-30 seconds.
2. Heat a large skillet over medium heat. When the pan is hot, brush the pan with some of the remaining oil (about 1 teaspoon worth divided for all the pancakes) and pour two separate 1/4 cup portions of batter into the pan. Sprinkle some walnuts and strawberries onto each pancake.
3. Cook for 2 minutes, then flip and cook for another 2 minutes until golden brown. Transfer pancakes to a plate and repeat with the remaining batter.

4. Serve pancakes with a dollop of coconut yogurt, strawberries, and a little drizzle of maple syrup, if desired.

Nutritional analysis per pancake: Calories: 146, Total Fat: 12g, Saturated Fat: 2g, Cholesterol: 74mg, Sodium: 126mg, Carbohydrates: 6g, Fiber: 3g, Sugars: 2g, Protein: 6g, Net Carbs: 3g