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Quirky Cooking
AUSTRALIA

COCONUT FLOUR PANCAKES with BLUEBERRY SYRUP



Much of the inspiration for Jo's recipes comes from the particular dietary needs of her family but even if you aren't avoiding gluten, grains and dairy, these pancakes are pert and delicious. Plus, blueberry syrup – that's always going to win!

Serves: 4-6 for brunch (or maybe just Jo and me)

Time: 20 minutes



INGREDIENTS

Blueberry syrup

250 grams blueberries
1 tablespoon honey
1 teaspoon vanilla paste or extract
1 teaspoon lemon juice
40 grams water, preferably filtered
coconut cream, to serve (optional)

Pancakes

70 grams coconut flour
½ teaspoon bicarb soda
30 grams coconut oil or ghee, plus extra for frying
½ teaspoon vanilla paste or extract
300 grams coconut milk (or preferred milk)
pinch fine sea salt
5 eggs



METHOD

Blueberry syrup

1. Place all ingredients into mixing bowl and cook **5 mins/100°C/Reverse/speed 1**. Transfer to a small jug, cover and set aside until pancakes are cooked. Clean and dry mixing bowl.

Pancakes

2. Place all ingredients into mixing bowl and blend **30 sec/speed 6**.

3. Heat a heavy-based, well-seasoned frying pan over low-medium heat, and add a tablespoon of ghee or coconut oil to coat base. Pour in pancakes, keeping them small in size, and turn heat down to low. Once pancakes have set on the edges and slightly in the middle, turn them over and cook until browned.

Serve pancakes hot, with blueberry syrup and coconut cream.

Tips

- Don't keep flipping pancakes over, back and forth, or they'll lose their airiness and become rubbery!
- Add another tablespoon of oil or ghee to the pan between each batch.
- Keep heat low (especially if using cast iron) or they will burn and stick. If pan is getting too hot and smoking, turn off heat for a minute, then turn back on low, continuing to cook pancakes while heat is off.
- Replace coconut oil or ghee with any healthy fat such as macadamia oil.

Variation

Replace blueberries with any berries that are available.