

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Fluffy Blueberry Pancakes (Paleo-Style)

From "The Paleo Kitchen" by Juli Bauer and George Bryant

Makes 5 (3-inch) pancakes

3 large eggs
½ cup + 3 Tbsp almond or full-fat coconut milk
1 Tbsp organic honey
½ Tbsp freshly squeezed lemon juice
1 tsp vanilla extract
½ cup coconut flour
½ cup tapioca flour
½ tsp baking powder
½ tsp baking soda
Pinch of fine-grain sea salt
Coconut oil, for greasing the skillet
½ cup fresh blueberries
Grass-fed butter (optional), for serving
Maple syrup (optional), for serving

1. In a large bowl, whisk the eggs. Add the almond milk, honey, lemon juice, and vanilla and whisk until well blended. In a separate bowl, mix together the coconut flour and tapioca flour, then add to the wet ingredients ¼ cup at a time, while continuously whisking. Then mix in the baking powder, baking soda, and salt.
2. Grease a large skillet and place over medium heat. Once the skillet is hot, use a ladle to pour 3-inch pancakes into the skillet. Once holes begin to appear in the surface of a pancake, drop a small handful of blueberries onto it and flip it. The pancake should cook on each side for 3 to 4 minutes. Repeat with rest of the batter.