

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Pancake Breakfast Sandwiches (Paleo-Style)

From [www.paleomg.com](http://www.paleomg.com)

### For the pancakes:

3 eggs, whisked  
½ cup almond milk or coconut milk + 3 tablespoons (carton, unsweetened)  
1 tablespoon maple syrup  
1 teaspoon vanilla extract  
½ cup coconut flour  
½ cup tapioca flour  
½ teaspoon baking powder  
½ teaspoon baking soda  
pinch of salt  
coconut oil or ghee, for greasing pan

### For the breakfast sausage patties:

1 pound ground breakfast sausage (make sure you get an all-natural ground sausage without MSG or nitrates)

### For the other toppings:

8 eggs, whisked  
salt and pepper, to taste  
butter or ghee (for garnish, optional)  
maple syrup (for garnish, optional)

1. Whisk together pancake ingredients: eggs, almond milk, maple syrup and vanilla extract in a large bowl. Then, add coconut flour, tapioca flour, baking powder and baking soda and a pinch of salt to the large bowl and whisk until batter is well combined.
2. Heat up a griddle pan or whatever pan you prefer and grease. Once hot, use an ice cream scoop or cookie scoop to make pancakes that are about 3 inches across. Let cook through until bubbles begin to appear on the top of the pancakes then flip, about 3-4 minutes per side. Continue until all the batter is gone- the batter should make 12 pancakes. Set pancakes aside and cover with foil to keep warm.
3. Once pancakes are done, mix together all the ingredients for the breakfast sausage and form into 6 patties that are the same size as your pancakes (you may have extra patties leftover). Heat the griddle pan back up and place patties on the griddle pan and use either the bottom of another pan or pan press to press down the patties and keep them from puffing up while they cook. Cook for 4-5 minutes per side, until golden and cooked through. Once all cooked, set aside and cover with foil
4. Lastly, turn the heat down on the pan to a medium low heat. Add the whisked eggs along with salt and pepper, then use a silicone spatula to continuously move the eggs while they cook through. Remove from heat.

**Make the sandwiches:** pancake, sausage patty, an ice cream scoop worth of scrambled eggs, another pancake, and then top each one with a small amount of butter and maple syrup on top. I wrapped each sandwich up in foil and placed in the fridge then once I wanted to reheat it the next day, I placed them in the oven in the foil and cooked for 15 minutes at 350 degrees OR I removed them from the foil and cooked in the microwave until warm. The butter and maple syrup on top keeps them from drying out when reheated!