

# Yager JACK

## GRAIN-FREE COCONUT FLOUR PANCAKES



! Finally !

My First Successful Pancake!

I've received some of the funniest comments on this recipe – some published and some I've deleted. One day I will get a comment saying "These are the best coconut flour pancakes I've ever had!" and the next day some lady will tell me "These were the worst pancakes I've ever eaten in my life!" Other comments were not so nice.

??? ...can't please everybody ?

Probably 90% of the comments have been positive, though, which is good. We still eat these pancakes frequently so I am fairly confident in the recipe as written, but I wanted to share a few updates and tips that I've learned after making these dozens of times.

1. **If your pancakes are grainy** *I think* it may be because the coconut flour has been exposed to moisture and its high fiber content has absorbed water. There's really not much you can do about this except buy new coconut flour.
2. **If your pancakes are eggy** that is because either a.) you have never eaten a coconut flour pancake before and are not used to the higher egg content necessary to bind the pancakes or b.) your batter is too thin because you've added too much milk.
3. **If your pancakes are not nice and fluffy** it is because you have added too much milk. The original recipe was created to be dairy-free, but I also have made it with dairy. The fat content of coconut milk and whole milk are different, so in the revised recipe below you will find different measurements for the dairy-laden pancakes.
4. **If your pancakes are too salty** for your taste cut the salt in half.
5. **If your pancakes are still absolutely the worst thing you have ever eaten in your life and you wish to tell me so and say "I followed the recipe exactly, EXCEPT I substituted x for y and a for b... oh... and I skipped that step where you said BEAT the eggs."** then please don't bother leaving said comment.
6. **If, after attempting to fix 1-5 with this new recipe you still loathe these pancakes with a fierceness that cannot be described** then maybe you should punch a pillow, take a breath, and then step back for some perspective before you let it ruin your life. They are, after all, just pancakes.

Hopefully, you will enjoy this healthy Superfood recipe.



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## GRAIN-FREE COCONUT FLOUR PANCAKES

### Ingredients

- 3 organic brown eggs, room temperature
- 1 cup **Horizon** Organic Half & Half or **Meyenberg** Sweet Goat Milk
- 3 teaspoons pure vanilla extract
- 2 tablespoons pure cane sugar or RAW HONEY
- ½ cup (maybe a tiny bit more) **Bob's Red Mill** coconut flour
- 1 tablespoon **Organic India Whole Husk Psyllium**
- 1 teaspoon (maybe a tiny bit more) **Clabber Girl** baking soda
- ¼ teaspoon sea salt
- Spectrum® Unrefined Organic Virgin Coconut Oil or butter for frying
- Optional: ¼ cup Pecan or Walnut pieces
- Optional: Slices of Organic Bananas

### Directions

1. Preheat griddle or waffle iron 375°.
2. In a small bowl beat eggs until frothy, about two minutes. Mix in milk, vanilla, and honey or sugar.
3. In a medium-sized bowl combine coconut flour, psyllium, baking soda, and sea salt and whisk together.
4. Stir wet mixture into dry mix until coconut flour is fully incorporated.
5. Allow to sit for 15 - 30 minutes enabling the psyllium to become adhesive and act as a binding agent.
6. At this stage your batter should be thick, almost like brownie batter.
7. Grease pan with coconut oil.
8. Ladle a few tablespoons of batter into pan for each pancake.
9. Spread out slightly with the back of a spoon.
10. The pancakes should be 2-3 inches in diameter and fairly thick.
11. Cook for a few minutes on each side, until the tops dry out slightly and the bottoms start to brown.
12. Flip and cook an additional 2-3 minutes.
13. Serve hot with whipped butter, coconut nectar, honey, maple syrup, or fruit.

Brushing the Coconut Oil on the Griddle first helps when it is time to flip them. They may tend to break apart easily when they are half cooked.

I have found the OXO Large Head Flexible Turner to be Essential:

[Bed Bath & Beyond:](#)

