

Apple Pie Pancakes

15 ingredients · 30 minutes · 6 servings



Directions

1. In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
2. In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
3. Mix in baking powder, baking soda, and salt.
4. Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
5. Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
6. Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
7. Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3-5 minutes or until apple chunks are soft.
8. Top apple pancakes with chunky apple cinnamon sauce and enjoy!

Notes

No Arrowroot Flour

Use tapioca flour or cornstarch.

Leftovers

Store pancakes in the fridge and reheat them in the toaster.

Ingredients

- 3 Egg
- 3/4 cup Unsweetened Almond Milk
- 3 tbsps Maple Syrup (divided)
- 3/4 Lemon (juiced and divided)
- 1 tsp Vanilla Extract
- 1/2 cup Coconut Flour
- 1/2 cup Arrowroot Powder
- 1 1/2 tsps Baking Powder
- 1/4 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 tbsps Extra Virgin Olive Oil
- 1 tbsps Coconut Oil
- 1 Apple (cored and diced)
- 1/2 tsp Cinnamon
- 2 tbsps Almond Flour