Coconut Power Pancakes with Blueberry Compote

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0
Makes 6-8 pancakes

Ingredients:

Pancakes:

- 1/4 cup coconut flour
- 1/4 tsp baking powder
- 1/8 tsp baking soda
- pinch pf sea salt
- 2 eggs
- 1 small ripe banana, mashed
- 2 tbsp peanut butter
- 1 tbsp coconut oil, melted
- 2 tbsp honey
- 1/4 cup coconut milk
- 1 tsp vanilla extract

Blueberry Compote:

- 1/4 cup fresh or frozen blueberries
- 2 tbsp maple syrup
- 2 tsp water

Instructions:

1. In a medium bowl, sift together the coconut flour, baking powder, baking soda and salt.
2. In another bowl, whisk the eggs then add in the remaining ingredients and stir to make sure everything is well mixed.
3. Pour the wet mixture into the flour mix and fold with a spatula. The batter will be quite thick.
4. Warm up your frying pan on medium-low heat, and brush with some coconut oil. Once it's warm spoon on a heaped tablespoon of batter for each pancake and spread out to make the pancakes about 3/4cm thick, and around 7cm diameter. You can make them smaller, but if you make them bigger they may be too difficult to flip.
5. Once browned flip carefully to finish off the other side.
6. While the pancakes are cooking, make the blueberry compote by mixing all the ingredients in a small saucepan and cook over medium heat for a few minutes until a lovely sauce forms.
7. Serve the pancakes with some sliced bananas and blueberry compote and maple syrup for extra sweetness.