

Coconut Flour Pancakes Recipe

Grain-free coconut flour pancakes that are packed with protein for a healthy and filling breakfast.

Prep Time	Cook Time	Total Time
10 mins	20 mins	15 mins



4 from 40 votes

Course: Breakfast Cuisine: American

Servings: 12 pancakes Calories: 64kcal

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Ingredients

- 5 eggs
- 1 cup applesauce
- ½ cup coconut flour
- 1 tsp baking soda
- 1 tsp cinnamon (optional)
- 1 tsp vanilla extract (optional)
- 2 TBSP honey (optional)

Instructions

1. In a medium bowl, mix all ingredients together with a blender, whisk, or immersion blender and let sit 5 minutes to thicken.
2. Fold in mix-ins like fresh blueberries if desired.
3. Heat a large skillet or pancake griddle.
4. Grease skillet or griddle with 1 tablespoon coconut oil or butter.
5. Use a ¼ cup measure to scoop batter onto cooking surface, using the bottom of the measure to spread the pancakes out a little.
6. Cook approximately 3-4 minutes per side until it is browned on the bottom and easy to flip. These do take a little longer than "regular" pancakes, so don't rush them!
7. Grease skillet or griddle with additional butter or coconut oil as needed between batches.
8. Top with butter (it makes everything better!) or ghee and enjoy!

Notes

- This recipe makes twelve 4-inch pancakes
- Make this recipe without the cinnamon for a great breakfast sandwich bread

Nutrition

Serving: 1pancake | Calories: 64kcal | Carbohydrates: 7g | Protein: 3g | Fat: 2g |
Saturated Fat: 1g | Cholesterol: 68mg | Sodium: 142mg | Potassium: 39mg | Fiber: 2g
| Sugar: 4g | Vitamin A: 105IU | Vitamin C: 0.2mg | Calcium: 12mg | Iron: 0.5mg