



# COCONUT FLOUR CARROT PANCAKES

Vegan (No Egg)

This mouth-watering sensation is worth every bite! You will love my zesty home-made vegan pancakes made from scratch. These will have your taste buds jumping!

No egg, just use organic, raw ingredients but first, you need to make sure you have the main ingredients listed below:

**Healthy Tip:** Can add these raw food items to offer the body a more important macro variety: Gluten-free oats, flax seeds, chia seeds, tree nuts, etc.

# COCONUT FLOUR CARROT PANCAKES



## INGREDIENTS

- ◆ 1 ripe banana (mashed)
- ◆ .5 cup carrots (finely grated)
- ◆ .5 cup gluten-free oats
- ◆ 2 tablespoons flaxseeds (ground)
- ◆ 1/4 teaspoon gluten-free baking powder
- ◆ .5 cup coconut flour
- ◆ 1/4 cup pea protein (optional, or another plant-based protein powder)
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)
- ◆ 1/3 cup nut milk
- ◆ 1/3 cup purified water
- ◆ 1-2 tablespoons coconut oil (cooking oil)

### Toppings:

- ◆ Maple syrup (optional)
- ◆ Raw unsweetened coconut flakes



## METHOD

Wash and pat dry produce. Combine into a mixing bowl, mashed banana, carrots, gluten-free oats, flaxseeds, baking powder, coconut flour, and pea protein by choice.

Pour vanilla extract, coconut milk, purified water together with the rest of the ingredients. Mix wet ingredients with dry ingredients till evenly combined. Let ingredients thicken.

After the ingredients thicken, turn on the skillet to medium heat, and lightly grease the skillet with coconut oil. Using a tablespoon, scoop about two tablespoons per pancake; should make approximately 4 pancakes. Sprinkle cinnamon over the top of each pancake.

Pancakes are ready to flip when little bubbles appear and the edges appear dry. (Pancakes will be crumbly, so make sure they are dry enough to flip).

Flip and cook for another couple of minutes on the other side. Serve while hot. Top with maple syrup or topping of your choice.

### Optional Toppings:

Fresh fruit, coconut flakes, nuts, dates, cacao nibs, nut butter, cinnamon, allspice, lemon peel, or orange peel

Store leftovers in a sealed container in the fridge for up to 2 days.