



## Apple Pie Pancakes

6 servings

30 minutes

### Ingredients

3 Egg  
180 milliliters Unsweetened Almond Milk  
60 grams Maple Syrup (divided)  
3/4 Lemon (juiced and divided)  
5 milliliters Vanilla Extract  
56 grams Coconut Flour  
64 grams Arrowroot Powder  
7 grams Baking Powder  
1 gram Baking Soda  
2 grams Sea Salt  
15 milliliters Extra Virgin Olive Oil  
15 milliliters Coconut Oil  
1 Apple (cored and diced)  
1 gram Cinnamon  
14 grams Almond Flour

### 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 to 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.