

# Coconut Flour Pancakes

## Chef Vincent of D'Avolio

RECIPE MAKES: 3 SERVINGS

### INGREDIENTS

- 1/3 cup plain, non-fat Greek yogurt
- 1 ¼ Tbsp. honey
- 3 large eggs
- 1 tsp. pure vanilla extract
- **2 Tbsp. D'Avolio Butter Olive Oil**
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. kosher salt
- **¼ cup D'Avolio coconut flour**
- Fresh fruit for extra toppings (if desired)

### NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(105g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 14g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 175mg	58%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 7g Added Sugars	14%
<b>Protein</b> 10g	
Vitamin D 2mcg	10%
Calcium 133mg	10%
Iron 1mg	6%
Potassium 43mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### PREPARATION

1. In a large bowl, whisk together the Greek yogurt, honey, eggs, and vanilla. Once combined, whisk in the Butter Olive oil
2. Sprinkle the baking powder, baking soda, and salt over the top. Sprinkle on the coconut flour
3. With a rubber spatula, stir just until the flour disappears and no large lumps remain. Let rest for 10 minutes
4. Preheat a nonstick skillet or griddle over low to medium-low heat. Once the griddle is hot, portion the pancakes by 1 tablespoon batter each. They will spread into a 3-inch silver dollar size. Cook for 3.5 to 4 full minutes
5. The pancakes should be very dry at the edges and start to look set on top. If you like, you can keep the pancakes warm in a 200 degree F oven while you cook the remainder
6. Use fresh fruit for additional toppings

Healthy Options

