

SCD Pancakes

SCD breakfast



Ingredients:

1 cup	Almond flour
¼ tsp	Sea salt
¼ tsp	Cinnamon
½ tsp	Baking soda
½ cup	Applesauce
1 tsp	Vanilla
1 Tbsp	Honey
2	Eggs

Directions:

- 1.) Preheat griddle to low heat. These pancakes cook low and slow!
- 2.) Combine (wet ingredients) eggs, apple sauce, vanilla, and honey in a mixing bowl.
- 3.) Combine (dry ingredients) almond flour, salt, baking soda, and cinnamon and whisk together.
- 4.) Add wet ingredients to dry ingredients and whisk until fully combined.
- 5.) Lightly oil cooking surface with ghee.
- 6.) Drop heaping tablespoons of batter on grill and cook slowly and evenly on both sides.

Notes / Suggestions:

- 1.) Optionally could add additional spices to dry ingredients: Allspice, Cloves, and/or Pumpkin Spice.