



## *Gluten free pancake (Serves 3)*

### Equipment:

Bowl, whisk, silicone spatula and Sandwich press (or Non stick frying pan)



### Ingredients:

½ cup cassava flour

3 tablespoons coconut flour

2 eggs - beaten roughly

½ cup coconut cream

1 cup Onion broth \*see my other recipe

or unsweetened aloe vera juice

or coconut water

or filtered water

Oil to fry (optional)

(toppings)

Some fruits, coconut cream

butter, jam, tahini, honey,

maple syrup etc.

### Directions:

- 1) Mix coconut flour and cassava flour in a bowl with a whisk.
- 2) Add coconut cream & egg. Mix well.
- 3) Add onion broth (or your choice of water) ½ cup at a time and mix well. (If it's still too thick, add 1-2 tablespoon more. )
- 4) Pour and spread the batter with a spatula on a sandwich press as if you made a crepe. You can fry both sides by closing the upper side of the press. If you are using frying pan, cook both sides.
- 5) Serve with your favourite toppings.

