

Almond Flour Pancakes (GF)

2 tablespoons raw or Demerara sugar

Pinch of salt

2 cups (200 grams) blanched finely ground almond flour

2 tablespoons potato starch, sifted

1 teaspoon baking soda

1/2 - 1 teaspoon cinnamon (to your taste)

3 large eggs

2 tablespoons orange juice

1/2 cup (118 ml) yogurt

1 tablespoon oil

Additional oil for frying pan

Directions:

Combine sugar, salt, almond flour, potato starch (sift right into bowl), baking soda and cinnamon, stirring well together. Right on top of this add eggs, juice, yogurt and oil. Stir to combine, make sure no pockets remain of almond flour and set on the side of your stovetop. Take some oil spray or pour a little oil on a paper towel and smear a thin coating on the pan. Heat the pan to medium (this enables the pancake to cook through properly) and put about 3-4 tablespoons worth per pancake on pan. Cook about 3 minutes till bubbles form on top and bottom is medium brown and then flip over and cook other side also about 3 minutes. Continue to oil pan if needed and continue till batter is finished. Serve hot with maple syrup, fruit or as is.