

BUCKWHEAT TIGERNUT PANCAKES

MAKES 10 TO 12

PREP TIME: 15 MINUTES

COOK TIME: 15 TO 20

MINUTES

½ cup (85 g) buckwheat

flour

½ cup (55 g) tigernut flour

1 tablespoon (8.25 g)

tapioca flour

1 teaspoon baking soda

Pinch sea salt

1 cup (250 ml) coconut milk

1 teaspoon (5 ml) raw apple

cider vinegar

Avocado oil for frying

These are deliberately sweeter-free, so you can enjoy them with

the Coffee Berry Compose (page 76) or with a little maple syrup drizzled over the top. Using sprouted buckwheat flour, which can be found online, will

improve digestibility. If you're after an elimination-phase compliant version,

see the note below.

Mix the flours, baking soda, and salt in a medium bowl and make a well in the center. Pour in the coconut milk and apple cider vinegar. Whisk to a smooth, thick batter.

Put a frying pan over medium heat and add a teaspoon of oil. When hot, drop in three ¼-cup measuring cups of the batter. Leave space in between and don't crowd the pan. Cook for 2 minutes, and then flip them for 1 to 2 minutes until cooked through. Add another teaspoon of oil and repeat the steps until

all of the batter is cooked. You should get 10 to 12 pancakes.

NOTE: For an AIP-friendly version, substitute these ingredients

and follow the recipe directions:

1 cup (110 g) tigernut flour

4 tablespoons tapioca flour

½ teaspoon ground cinnamon (optional)

½ teaspoon baking soda

Pinch sea salt

1 cup (250 ml) coconut milk

1 teaspoon (5 ml) raw apple cider vinegar