

GAPS

Squash Pancakes



Makes 6-8 small pancakes

My kids love these with a little butter or ghee and a tiny bit of honey on top. They are fairly sweet without the honey, so only add if your kids are demanding it!

**1 cup cooked squash, pureed
(recipe follows)**

3 pastured eggs

1 teaspoon cinnamon (Stage 5)

**1 teaspoon vanilla extract
(homemade only; see recipe,
page 96)**

Pinch of sea salt

**2 tablespoons animal fat,
coconut oil, or ghee (for
cooking)**

Blend the first five ingredients in a bowl. Pour about $\frac{1}{4}$ cup of batter for each pancake into a pan with lots of melted fat. Let cook for a minute or two on the first side, then flip. It takes a little bit to get the hang of it since they are small, but just don't flip too soon or they will fall apart.