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by DinnerTime

Power Packed Pancakes

Ingredients

1 medium Sweet Potato, chopped
½ Banana
125 millilitres/ ½ cup Whole Flax Seeds (or ¾ cup Milled)
125 milliliters/ ½ cup Chia Seeds
2 Eggs
Meat and Water from 1 Fresh Coconut (approx. 375 millilitres/ 1.5 cups)
1 pinch Himalayan Pink Salt
½ - 1 teaspoon Ground Cinnamon
1 generous pinch Pumpkin Pie Spice (optional)
1 handful Goji Berries
1 handful Cacao Nibs
125 grams/ 1 package Blueberries (optional)
1 handful fresh Cherries or Strawberries (optional), sliced
Coconut Oil, for frying

Preparation

1. Chop the sweet potato small enough that your blender will be able to process it smoothly. Place in blender.
2. Rough chop ½ the banana and add to blender along with the flax seeds, chia seeds, eggs, coconut meat and water, salt and cinnamon. Process until smooth.
3. Mix in the goji berries, cacao nibs and blueberries (if using). If using strawberries or cherries, slice and add to the batter.
4. Heat a little coconut oil in a fry pan or skillet over low heat. Spoon the batter to make small pancakes. Cover with lid and cook until brown and crispy. Flip and cook other side a few minutes until cooked through.
5. Serve with sugar free maple syrup, dry fruits, or fresh fruit, or simply enjoy on its own.

Cooks Note

Serve these pancakes with a little sugar free maple syrup for a wholesome breakfast that will keep you going all morning, or as a dessert or snack, whenever you need a guilt free sweet fix.

Note: Adding fresh berries to the mix is not the ideal food combination, especially for diabetics, so they are optional, but sure taste great!

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