

Gluten-Free Pancake

BY PUREFORMULAS



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 1 medium sweet potato (cooked)
- 2 organic eggs
- A dab of cinnamon
- Coconut oil to coat pan

Suggestion of toppings:

- Pecans ✓
- Almonds ✓
- Walnuts ✓
- Dried fruits ✓
- Honey ✓
- Agave ✓
- Maple Syrup ✓
- Shredded Coconut ✓
- Berries and other fresh fruits

DIRECTIONS:

1. In a medium bowl, whisk eggs.
2. Peel and mash cooked sweet potato.
3. Add mashed sweet potato and cinnamon to bowl with whisked eggs and mix until combined.
4. Heat up 1/2 tsp of coconut oil in a sauteing pan.
5. Drop about a TBSP of pancake mix , cook for a couple of minutes, flip the pancake and cook other side until lightly browned.
6. Follow step 5 until dough ends.
7. Top with favorite ingredients.