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## Coconut Flour Pancake ♦♦

Coconut flour pancakes are a delicious and healthy alternative to traditional pancakes. Made with coconut flour, these pancakes are gluten-free and rich in fiber. They have a light and fluffy texture with a subtle coconut flavor. Enjoy them for breakfast or brunch with your favorite toppings.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>100 g</b>	Coconut Flour
<b>2 pieces</b>	Eggs
<b>200 ml</b>	coconut milk
<b>2 tsp</b>	baking powder

<b>1 tsp</b>	salt
<b>1 tsp</b>	vanilla extract
<b>2 tbsp</b>	coconut oil
<b>2 tbsp</b>	maple syrup

## Directions

### Step 1

In a mixing bowl, combine the coconut flour, baking powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

In a separate bowl, whisk together the eggs, coconut milk, vanilla extract, and maple syrup.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

**Stirring**

Pour the wet ingredients into the dry ingredients and stir until well combined.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Heating

Heat a non-stick skillet over medium heat and add coconut oil.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Cooking

Spoon about 1/4 cup of batter onto the skillet and spread it into a round shape.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 6

Cooking

Cook for 2-3 minutes until bubbles form on the surface, then flip and cook for another 2-3 minutes.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 7

Cooking

Repeat with the remaining batter.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 8

Serving

Serve the pancakes warm with your favorite toppings.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 8 g

**Carbohydrates:** 20 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	6 mcg	250%	250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring

Summer

Fall

## Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

## Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

## Difficulty Level

Easy

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