

Fibre Rich Pancakes

Serves 1 (makes 2 pancakes)

Ingredients

2 eggs
1/3 cup milk
1 tablespoon flaxseed meal
1 tablespoon coconut flour
1/2 teaspoon cinnamon



Directions

Whisk the eggs and milk together and then stir in the flaxseed meal, coconut flour and cinnamon. Heat a pan to medium heat and pour the mixture into two pancakes (spread out with a spoon if you need to). Cook for 2-3 minutes and then flip and cook for a further 1-2 minutes.

Serve with desired toppings.