

A JOCK'S GUIDE

Carrot Cake Pancakes

Source: www.paleoleap.com

Ingredients:

1. 1½ cups almond flour
2. ½ cup coconut flour
3. ½ cup applesauce
4. ½ cup ghee
5. 2 cups finely shredded or chopped carrots
6. 6 eggs
7. 1½ tsp. baking soda
8. 2 tbsp. ground cinnamon
9. 1 tsp. ground nutmeg
10. 2 tsp. ground ginger
11. 2/3 cup full-fat coconut milk
12. Coconut oil



Directions:

1. Combine the almond flour, coconut flour, baking soda, cinnamon, and nutmeg in a large bowl.
 2. Add the remaining ingredients and mix until well blended.
 3. Preheat a skillet over a medium-high, and add some coconut oil.
 4. Pour about half a cup of pancake mixture onto the skillet, and cook on each side for about 3 minutes.
- Repeat for each pancake.

GAME DAY STRATEGIES

Follow the recipe as **CLOSELY** as you can! If the batter is too thick, you can add a bit of coconut milk, but then the cooking time will be a bit longer!

* If you don't have **GHEE**, you can substitute butter!



***Remember if you make it, take a pic and send it in!
It'll be featured on the website!***

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