

Quinoa Coconut Pecan Blueberry Pancakes (GF)

These pancakes are based on a dish I like to order out when visiting the Silver Diner in the Washington, DC area. I like the nutty flavor and unique texture of these pancakes, and that I don't feel stuffed or bloated after I eat them (even if I'm extra hungry and eat both servings by myself!), but they do carry me through to my next meal.

Ingredients:

- 1 egg
- ¼ cup (25g) pecans, chopped
- ¾ cup (85g) quinoa flour (like Bob's Red Mill)
- ½ cup (40g) unsweetened shredded coconut
- 1 tsp baking powder
- 1/8 tsp salt
- ¾ cup unsweetened original almond milk (oat or cashew milk would also work)
- ¾ cup (110g) fresh or frozen (no added sugar) blueberries
- 2 tsp coconut oil to cook in (some will remain in the pan after, but I assumed all was absorbed when figuring up the fat grams/calories)

Method:

1. Place all ingredients into a mixing bowl and mix gently by hand. DO NOT OVERMIX.
2. Preheat a large frying pan (med to med-high) with 1 tbsp coconut oil – pan is hot enough when you can flick some water droplets with your fingers into the pan and it sizzles right away. Pan should not be hot enough to start the oil smoking.
3. Scoop batter out of bowl and spoon gently into hot pan, making 3 pancakes about 4"-5" diameter (you want to be able to get your whole flipper under them at once – these pancakes need to be supported during flipping, or they will break since they have no gluten or other binding agents besides the egg to hold them together). Flip once (and only once) when the edges start looking cooked, and some of the bubbles are not closing up about halfway between the edge and the middle of the pancake. Cook until golden brown on both sides. Adjust heat so that pancakes cook evenly and fully without burning on the outside (if they're burned on the outside and undercooked in the middle, your pan is too hot). Remove from pan and put on plate.
4. Add remaining oil to the pan, wait a bit for it to heat, and repeat cooking process for second half of batter. Cooking in batches of 3 should allow enough room for the heat to be evenly distributed and therefore cook the pancakes more evenly.

Serving suggestion (not included in nutrition info above): Serve with a bowl of fresh fruit, no sugar added (strawberries are nice), and use only real maple syrup or agave syrup if you need a sweet topping and wish to keep this a gluten-free recipe, as many 'breakfast syrups' do contain gluten. A side of lean ham warmed up in a frying pan adds a bit more protein to the meal without adding a lot of fat (if you're watching that sort of thing, ham can be found that is nitrite/nitrate free, and low in added sugar as well).

2 servings of 2-3 pancakes each (weigh total weight after cooking and divide evenly between 2 plates if you want to be precise).

Per serving: 497.8 calories, 32.9g fat (17.2 saturated), 93.3mg cholesterol, 41.5mg sodium, 473mg potassium, 44.5g carb (8.6g fiber, 10 g from sugars), 11.3 g protein