



Gluten-free oat pancakes

30g porridge oats
2 tbsp of milled flaxseed (one of the Linwoods varieties works well)
4 chopped brazil nuts or almonds
2 tbsp of coconut yogurt
Xylitol to taste (start with the tip of a tsp)
1 tsp of coconut or avocado oil
1 egg
60ml of coconut milk
Sprinkle of cinnamon

Heat the oil in a frying pan until hot. Mix in a bowl the porridge oats with the flaxseed, coconut milk, egg and chopped nuts until it is like a thick paste. Pour the mixture into the pan to form a medium thick pancake. Put a lid on the frying pan to allow the top of the pancake to cook as well as the bottom. Leave to cook until the mixture has cooked through. Serve with yoghurt, warm berries, and a sprinkle of cinnamon.

