



Fluffy "Buttermilk" Pancakes

Active Time: 5 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

314.1 calories, 12.25 g carbohydrate, 3.21 g fiber, 9.04 g NET carbs, 9.13 g protein, 27.28 g fat

Ingredients

- 1 cup Miracle Mix
- 3 large(s) pastured eggs
- 3 Tbsp(s) arrowroot
- 1 cup coconut milk
- 1 Tbsp lemon juice

Preparation

1. In a medium bowl, combine the coconut milk and lemon juice. Let stand for 10 minutes.
2. Whisk in the egg, then whisk in Miracle Mix and arrowroot and blend into a batter.
3. Pour two Tbsp of batter onto lightly greased pan. Bake on one side until bubbles begin to form and break (about 2 minutes). Flip and cook the other side until golden (about 2 minutes).
4. Serve immediately, or refrigerate or freeze for a quick on-the-go breakfast.
5. Original Yield (4 Servings)/ Eight 4-inch pancakes

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.