

Grain Free Tigernut Pancake Mix Cooking Instructions

Instructions: Beat 2 large eggs in mixing bowl or Chia egg (whisk together 5 tbsp. water with 2 Tbsp. chia seeds- let stand 15 minutes). Add 1¼ cup unsweetened non-dairy milk of your choice (regular milk can be used) with 1 tsp of apple cider vinegar (optional but pancake won't be as fluffy) and ½ tsp of vanilla extract (optional as well). Add the full container of pancake mix to the liquid mixture and stir until combined. Heat a lightly oiled griddle or frying pan over medium-high heat. Scoop the batter onto the griddle, using approximately ¼ cup for each pancake. Brown on both sides- serve hot. Yield: 9-10 pancakes

These pancakes freeze well....so if you have too many and cannot finish them, pop them in the freezer and warm them up as needed.

If you are on the AIP protocol, here is a list of egg replacers for you to choose from:

1. **Gelatin Egg** – 1 tbsp of gelatin whisked with 3 tbsp of hot water until frothy. This is usually considered to be one of the best AIP egg substitutes
2. **Mashed Banana** – 1/4 cup mashed very ripe banana, which typically is around 1 banana, works well in a lot of baked goods. *Note: It can impart a banana flavor.*
3. **Applesauce** – 1/4 cup applesauce for 1 egg. Some people think 1 tbsp of fat added to it helps with the texture, so like 1 tbsp lard, coconut oil, palm shortening, etc

Enjoy!