

Featured Recipe



Strawberry Pan-Short-Cake



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STRAWBERRY PAN-SHORT-CAKE

SERVES

5

Fixings

for pancakes:

- ★ 1 large organic, pastured egg
- ★ ½ c. + 1 tbsp. almond flour
- ★ ⅛ tsp. baking soda, rounded
- ★ ½ tsp. cinnamon
- ★ 1 tbsp. extra virgin coconut oil
- ★ 1 tbsp. raw honey
- ★ 2 tbsp. whole milk or water

for topping:

- ★ 8 oz. organic heavy whipping cream
- ★ 2 tsp. raw honey
- ★ 16 oz. fresh organic strawberries, sliced

QUICK TIP:

These also make a nutritious,
decadent breakfast!
Mmmmm-MMM!

Prep

1. Beat eggs well in a large bowl.
2. Add flour, milk/water, baking soda, cinnamon, coconut oil, and honey. You may need to gently melt the coconut oil and the honey in order to stir them into the batter. Blend thoroughly.
3. Heat griddle on low-medium heat, as the outside tends to cook much more quickly than the inside.
4. Spoon onto the griddle, about 2 tbsp. of batter for each pancake. You can usually fit 5 pancakes on a griddle.
5. They are done when each side is medium brown and the center of the pancake is firm.
6. Put whipping cream in a large bowl and add 2 tsp. raw honey. Using a hand-blender, blend on high until whipped (about 15-30 seconds).
7. Serve each pancake on a plate with ⅓ of the strawberries and a healthy dollop of whip cream on top.

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