



My husband came up with this recipe after much experimentation. They taste just like regular pancakes—if not better!

Yield: 16 3-inch pancakes.



Jim's Fluffy Pancakes

Pancakes

1-1/4 c. almond flour
4 medium eggs
4 Tbs. honey
2 Tbs. vanilla (containing vanilla and alcohol only)
1/4 tsp. salt
1/4 tsp. baking soda
1 Tbs. real butter

Homemade Fruit Jam

Fruit of your choice, fresh or frozen (I like to use frozen strawberries)
Honey to taste
1 packet Knox Gelatin

For Pancakes: Mix all ingredients together in a blender for a light, fluffy texture. Pour onto a buttered

electric griddle (preferably) set at 275 degrees or a buttered pan. Cook slowly until golden brown; a bit longer than for regular flour pancakes. Serve with warmed honey and/or Homemade Fruit Jam.

For Jam: Microwave fruit in a small dish for three minutes or cook down in a small pan. Mash fruit with fork and blend with honey and gelatin. Serve with Jim's Fluffy Pancakes. Refrigerate leftovers; gelatin will help jam to solidify when cooled.

Notes: If large eggs are used and batter seems too thin, add additional almond flour to make a normal pancake batter. If cooked pancakes don't puff up, make sure you are using fresh baking soda.