**Pear and Cinnamon Pancakes**

These pancakes are bright and full of cinnamon flavor. It is best to cook these on a lower heat than normal pancakes – pay close attention when they are cooking so that the bottom does

not burn. Use a very ripe pear for the best results. Top the pancakes with some walnuts and maple syrup for a satisfying weekend breakfast.

**ingredients**

1 ripe pear, grated

3 tbsp almond milk

2 tbsp honey

3 eggs

1 tbsp coconut oil, melted, plus additional for pan

1/4 cup coconut flour

2 tsp cinnamon

1/4 tsp baking soda

Pinch of salt

**directions**

1. In a large bowl, whisk together the eggs, milk, honey, and coconut oil. Add in the grated pear.

2. In a separate bowl, whisk together the dry ingredients. Add the dry ingredients to the wet ingredients. Stir together until just combined.

3. Heat a griddle or non-stick skillet to low heat. Coat the skillet with coconut oil. Pour about 1/8 cup of batter onto the skillet. Cook for 3-5 minutes until the bottom is cooked through, and then flip. Cook for another 2-4 minutes until lightly browned. Repeat with remaining batter. Serve warm.