

# MAJOR & MORSEL

FOOD CO.....

## GLUTEN FREE COCONUT & GRILLED PEACH PANCAKES

Makes 4-5 pancakes

The words “easy like Sunday morning” will never feel truer than when you’re in your kitchen on the weekend, in your PJs whipping up a batch of these delicious, gluten free pancakes for breakfast! (*you’re singing the song now, aren’t you?*)

If you’re not a pancake-pro (yet), try this recipe step-by-step the first time and get creative next time - add more or less coconut chips or cacao nibs as your tastebuds demand, top the pancakes with any fruit and/or yoghurt or cream that you like and, according to your preferences and dietary requirements, substitute the coconut flour and oil for the flour and oil of your choice. **Basically, make these as naughty or as nice as you want ☺**

**So... what are you waiting for? Get in the kitchen!**



**THIS RECIPE HAS BEEN PREPARED & TRIALED BY US AT MAJOR & MORSEL FOOD CO!  
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## GLUTEN FREE COCONUT & GRILLED PEACH PANCAKES

### UTENSILS

Blender, food processor or nutri-bullet<sup>^</sup>

Small non-stick frying pan

Measuring cup

Spatula

Teaspoon

Tablespoon

<sup>^</sup> A nutri-bullet or small blender works best as this recipe makes a small batch. A regular sized blender will do the trick but is better when used if you're doubling or tripling the recipe.

### INGREDIENTS: GLUTEN FREE

Coconut oil (to grease your pan)

½ large - 1 regular sized banana\*

¼ cup coconut chips

1 flat tsp cacao nibs

½ tsp vanilla extract or essence (whichever is fine)

3 tbsp milk (whatever type you prefer)

**OR** 3 tbsp water

2 tbsp **coconut flour**

1 egg

½ peach

\*If you want to add more banana, go ahead! The more you add, the thicker your mix will be.

### INGREDIENTS: NON-GLUTEN FREE

All ingredients as per the gluten-free recipe with the exception of the 2 tbsp of coconut flour **which can be substituted for 2 tbsp of plain flour.**

### INGREDIENTS: SERVING OPTIONS

A sprinkling of chia seeds or crushed nuts

A dollop of thickened cream or yoghurt

A drizzle of your preferred sweetener (perhaps some honey or maple syrup)

### 5 STEPS & YOU'RE DONE!

1. Place your pan over a medium heat and add ¼ tsp of coconut oil.
2. Cut the peach in half and slice into about 6 pieces.
3. Place the peach slices into the pan and grill for a few minutes on each side - how long you leave the slices in the pan depends on whether you prefer the texture to be soft (more time) or crunchy (less time).
4. In the nutri-bullet or small blender:
  - ▽ First add the coconut chips and cacao nibs and whiz for 2 seconds;
  - ▽ Then add the banana, egg, milk (or water), flour and vanilla. Voila - your mix is done!
5. Over a low to medium heat, add a small amount of coconut oil to your frying pan and then pour in ~¼ of your mix;
  - ▽ Cook for 1.5 minutes on the first side (you'll start to see bubbles pop on the top), then flip and cook for a further minute on the other side. Repeat until all of your batter is used up (you should end up with 4 or 5 pancakes).

### PLATING UP

1. To plate the pancakes, stack them on top of each other and top them with the grilled peaches, cream or yoghurt and chia seeds or nuts. You can (as per the photo) add strawberries or any other fruit that you like.
2. Enjoy straight away! Any leftovers make for an excellent snack ☺

WE WANT TO SEE WHAT YOU'VE COOKED!  
POST A PIC OF YOUR PLATED-UP SOUP ON INSTAGRAM & FACEBOOK  
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