



Paleo Grain-Free Japanese Soufflé Pancake Recipe

The Ingredients:

- 3 (medium) or 4 (small) mold rings
- 1/4 Cup Almond Flour or Grain-Free Flour of Choice
- 2 Tbsp Coconut Flour
- 5 Tbsps Arrowroot Starch (or Tapioca Starch/Flour)
- 3 egg yolks
- 3 egg whites
- 1/4 cup of Almond Milk (or non-dairy milk of your choice)
- 1/2 tsp Vanilla Extract
- 1/2 tsp Baking Soda
- 1 tsp cream of tartar (or Apple Cider Vinegar)
- 2 Tbsps Maple Syrup (or unrefined sugar of your choice)
- Pinch of salt
- Dash of organic Cinnamon

Instructions:

- 1.) Pre-heat pan or cast-iron pan (distributes heat evenly) at low heat. Oil or butter pan and molds.
- 2.) Sift dry ingredients into bowl.
- 3.) Separate egg yolks from egg whites into separate bowls. Make sure egg whites go into a clean cool bowl (no grease should be on it, this will affect the whipping process). Also make sure there are no traces of yolk or fat/oil.
- 4.) Whisk egg yolks, vanilla and ACV (if you used this instead of cream of tartar, if using cream of tartar sift that into dry ingredients). Whisk til a pale yellow color.
- 5.) Sift dry ingredients over egg yolk mixture and combine thoroughly. Set aside.
- 6.) Whip egg whites, when foamy add Maple Syrup or other unrefined sugar of choice. Whip until soft peaks.
- 7.) Carefully scoop whipped cream mixture into flour mixture. Fold together until well incorporated.
- 8.) Place mold in pan. Scoop into individual molds, til half full.
- 9.) Cook over low heat for 15 to 10mins. You can set a timer.
- 10.) Un-mold, let cool, and top with favorite toppings!

3-4 Servings