

FLOURLESS SQUASH PANCAKES

Ingredients:

2 cups cooked, mashed squash (butternut, kabocha, acorn, summer)

1 cup nut butter or nut flour

4 eggs

¼ tsp salt

(coconut oil or ghee for frying)

Blend ingredients, fry in coconut oil or ghee until browned on both sides. Best to make small pancakes, they're easier to flip. Use a generous amount of oil to avoid sticking. These can be made without the nut butter, as well.



fast food healing

Sarah L. Bingham, MS

fastfoodhealing.com

863 874 0407

sarah@fastfoodhealing.com