**Paleo Pancakes**

**Ingredients**

1 cup arrowroot/coconut flour

1 cup desiccated coconut (or coconut flour)

1 heaped teaspoon Bicarbonate of Soda

2-4 tbsp. coconut milk (add enough to gain a batter consistency)

2 tbsp. apple cider vinegar

1 cup of water

**Method**

Mix ingredients thoroughly in a bowl. Once the batter is well blended, add 3 tbsp. of the batter at a time to a pancake pan and even out the mixture to cover the base of the pan and cook. Between pancakes, add cold water to the base of the pancake pan to cool it down and then discard so that the next pancake doesn’t catch upon cooking.