



3 Ingredient Paleo Pancakes

By Jenny Sansouci

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When I first heard about these pancakes, I thought—there's no way this will be like actual pancakes. With no flour, milk, sugar or grains at all...what will these taste like? Turns out they are even better than "real" pancakes, and incredibly easy to make! With only 3 ingredients, you really have no excuse not to swap out your pancake recipe for this one. They fluff up perfectly, and are a serious crowd pleaser. Even the most die-hard pancake lovers will be shocked when you tell them the ingredients. The best part? No post-brunch food coma!

3 Ingredient Paleo Pancakes

Makes about 4-6 decent sized pancakes

- 2 eggs
- 1 ripe banana
- 2 tbsp almond butter

Recipe adapted from Ultimate Paleo Guide

Instructions:

Mash up banana in a large bowl. Add eggs and almond butter and whisk until the mixture forms a thick batter. Pour batter onto a pan with coconut oil or grass-fed butter, just as you would with regular pancakes. Flip when they begin to brown.

Top with berries. Enjoy!

This article was originally published on www.drfranklipman.com.

Singapore Food Hunt

via Facebook & Instagram



★ Winner of a \$25 NTUC Voucher! (April 2015)

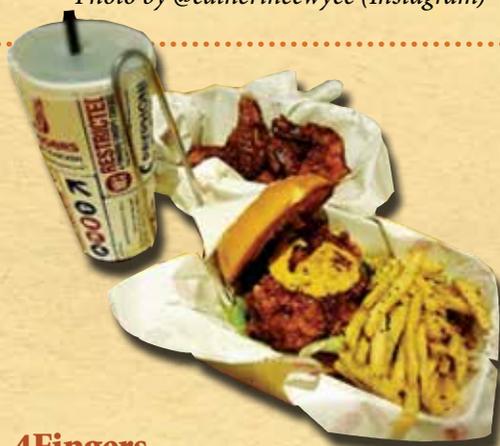
◀ "So what are these pretty things in front of me? No worries, I'm not about to devour those pretty flowers but the banana pudding in the flower pot. And that on the left, a caramel latte with cotton candy Afro-style." —@catherinecw-ye

1. Banana Tree

This South Korean café chain has lots of creativity! It serves banana puddings in flower pots, and Espresso and Iced Latte topped with Cotton Candy.

- Location: 26 Keong Saik Rd

Photo by @catherinecw-ye (Instagram)



3. 4Fingers

Immerse yourself against the backdrop of New York subway scene and savour the latest food phenomenon that is hitting Singapore—Korean-styled fried chicken at 4Fingers!

- Location: #B4-06/06A, ION Orchard, 2 Orchard Turn

Photo by @chouweiquan (Instagram)



5. Dong Po Colonial Cafe

Feeling reminiscent of Singapore's 1950s and 1960s? Dong Po Colonial Café is the place to go to. Enjoy old school cakes, pastries and coffee at this nostalgic café.

- Location: 56 Kandahar Street

Photo by @munkeet (Instagram)



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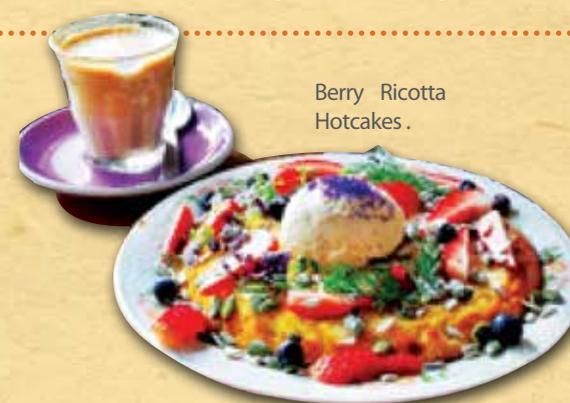
◀ "Much like the Spanish tapas, Cicheti (pronounced "chi-KEH-tee") offers signature small plates to diners. This Bismark Pizza is one of their authentic pizzas baked in a wood-fire oven, it has a texture that is soft and somewhat mochi-like." —@bridgetcooks

2. Cicheti

Cicheti reflects all things Italy from its food to the décor. On its menu are Italy's regional cuisines, and the authentic Italian Neapolitan pizza baked in a wood-fired oven.

- Location: 52 Kandahar Street

Photo by @bridgetcooks (Instagram)



Berry Ricotta Hotcakes.

4. Stranger's Reunion

Helmed by two-time Singapore National Barista Championship winner—Ryan Tan, Stranger's Reunion might be offering some of the best coffee in town. Muffins, waffles, cupcakes and savouries are also available on its menu.

- Location: 37 Kampong Bahru

Photo by @societyofsnobs (Instagram)



◀ "Blackmore Wagyu Minute Steak, Club Sandwich Ham and Cheese Omelette. All 3 items ordered were nicely done and very tasty!" —@tammytng

6. Salt Tapas & Bar

The man behind Salt Tapas & Bar is Australian celebrity chef Luke Mangan. Salt Tapas & Bar presents a menu of Spanish tapas delights with an Australian twist.

- Location: #01-22A Raffles City Shopping Centre

Photo by @tammytng (Instagram)

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