



Recipe for 1

50 gr. organic coconut flour

1 tbsp organic chia seeds

2 free range eggs

250 gr. of water

Combine all in a Thermomix, mix 30 seconds, speed 5.

Or combine in a blender.

Leave to thicken (10 minutes).

Melt 1 tbsp. coconut oil in a pan, add mix, cook 2 minutes each side.

Serve with fruit, such as sliced banana or frozen organic blueberries and organic rice malt syrup.
Enjoy! ♥