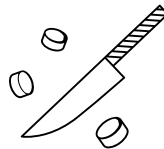


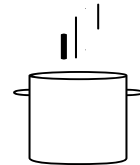


Breakfast Pancakes with Bacon and Avocado

Whip up these breakfast pancakes and serve with your favourite toppings!



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Ingredients

1 tbsp The Groovy Food Company Amber and Mild Agave Nectar

150g self-raising flour

½ tsp cream of tartar

2 large, free-range eggs, separated

125ml natural yoghurt

16 rashers streaky bacon

2 avocados, sliced

2-3 tbsp The Groovy Food Company Agave Nectar Rich and Dark

The Groovy Food Company Organic Cooking Spray with Virgin Coconut Oil

Directions

1. Sift the flour into a bowl with the cream of tartar and add the caster sugar.
2. Make a well in the centre, add the egg yolks and dollop in the yoghurt.
3. Mix gradually together to form a thick batter.
4. Set aside whilst you get the bacon ready.
5. Heat your grill to high and cook the bacon for 5-6 minutes, turning, until golden and crispy, set aside under a piece of foil to keep warm.
6. Once the bacon is nearly cooked, whip the egg whites in a clean bowl to soft peaks. Fold into the pancake batter.
7. Heat a large non-stick frying pan and spray with a little coconut oil spray, so it forms a very thin layer. Drop heaped tablespoons of the batter into the pan and cook for 2 minutes until set and golden on the bottom (you can peek at them to check) then flip

over and cook for a further 1-2 mins.

8. Transfer to a plate to keep warm and cook the rest of the pancakes, adding more coconut oil if you need to.
9. To serve, pile up stacks of pancakes scattered with avocado wedges and strips of crispy bacon. Drizzle with the dark agave and serve immediately.