

Piña Colada pancakes

Too broke or busy to drop everything and head to a beautiful tropical resort? (I feel you). Do not despair! These decadent lil beauties will transport your taste buds to a sunny Caribbean locale sipping your favorite beachfront cocktail in no time.

Serves 4-6

Ingredients

Pancakes

- 1½ cups whole wheat flour
- 4 tsp. baking powder
- ½ tsp. salt
- 1 chia or flax egg (whisk together 1 tbsp. chia or flaxseeds with 3 tbsp. water. Let sit for 5-10 minutes, or until thick and gelatinous)
- 1½ cups coconut milk (I used full-fat canned coconut milk because it makes for richer, more flavorful pancakes, but you can use light coconut milk if you're trying to cut calories)
- 1 tbsp. rum (optional)
- 1 tsp. vanilla extract
- 2 tbsp. pure maple syrup
- 1 cup pineapple tidbits

Syrup

- ¾ cup coconut milk
- ¾ cup pineapple juice
- 2 tbsp. lime juice (from one medium lime)
- Zest of one lime
- 1 tbsp. rum
- 1 tbsp. pure maple syrup
- 2 tbsp. cornstarch

Optional toppings

- Unsweetened shredded coconut, toasted (toast in a small, dry pan over medium-high heat for about a minute, stirring frequently, until golden brown)
- Lime zest

Directions

- 1) Preheat the oven to 200 degrees.
- 2) In a large bowl, whisk together the flour, baking powder, and salt. Add the chia or flax egg, coconut milk, rum, vanilla, maple syrup, and pineapple and mix.
- 3) Spray a large skillet or griddle with nonstick cooking spray. Once hot, add the pancake batter in ¼ cup portions. Let cook for about 2 minutes per side, or until golden brown. Transfer cooked pancakes to a baking sheet as you finish them and put in the oven to keep warm while you finish the rest.
- 4) Meanwhile, make the syrup. Combine all ingredients except cornstarch in a small saucepan and bring to a boil. Reduce heat to a simmer and cook for about 10 minutes, or until heated through and slightly thickened. Turn off the heat and whisk in the cornstarch, making sure to get out any lumps.
- 5) Top the pancakes with the warm syrup, toasted coconut, and lime zest. Serve and enjoy!

