

# Almond Beet Pancakes

modified from [www.lovebeets.com](http://www.lovebeets.com)

3/4 cup almond flour (can use cashew flour, too)  
1 tsp baking powder  
1/4 tsp sea salt (more if you need more sodium or like it)  
1/4 tsp cinnamon  
1 tsp maple syrup  
2 eggs lightly beaten  
1 tsp vanilla extract  
2 [LoveBeets](#) cooked beets, chopped  
1 medium raw beet, chopped  
1 medium red potato, chopped  
1/4 cup ghee (or coconut oil)  
1/2 - 1 cup greens (beet greens or spinach or both)  
1-2 drops of doTerra wild orange essential oil  
2 tbsps cocoa powder or raw cocoa powder  
1 tbsp flax seed meal or more to thicken  
NOTE: try to use as many organic ingredients as possible, and [local farm eggs](#) vs store bought.

Put all ingredients into a food processor, and process until smooth. This may take a bit longer with the raw beet and potato, but it will all get smooth!

Heat up a pan and put a tablespoon of ghee to melt. Once fully heated to medium temperature, spoon out 4 pancakes onto the heated pan. Cook for about 3 minutes per side. If too browned, lower heat a bit. Continue this until you have made all the batter into pancakes.



You can now use them as a pre-workout fuel, a during workout pick up, or as part of your recovery meal. They are balanced with root vegetables, healthy fats and the eggs for protein....and yes, I managed to sneak in the greens! I had a few people try them this weekend at the Endurance Sports Expo and I got raving reviews!

Let me know if you try them and what you think!