

# Microwave Cooked Coconut Bowl Pancake



## Tips:

1. This very easy to make variation on the Gotta' Eat, Can't Cook microwave cooked bowl pancake substitutes packaged pancake flour and cereal with high-protein coconut flour, shredded coconut and ground flaxseed for outstanding flavor and long-lasting energy.

2. One bowl simplicity: for speed and ease, mix, cook and eat this pancake out of the same microwave safe bowl.

Preparation Time: 5-10 minutes

Needed  
(per person)

Cooking Spray

1 Egg

Dash of Salt (optional - helps make eggs fluffy)

Shot of Vanilla Extract

Ground Cinnamon

Shake of Coconut Flour

Shake of Shredded Coconut

Shake of Ground Flaxseed

Shot of Milk

Favorite Pancake Topping (sample toppings are shown at the end of this recipe)



## Equipment

Microwave Oven Safe Bowl

Fork

Tablespoon (only needed if you're adding yogurt or whipped cream as a pancake topping)

Small Sharp (Paring) Knife (only needed if you're cutting fruit to use as a pancake topping)

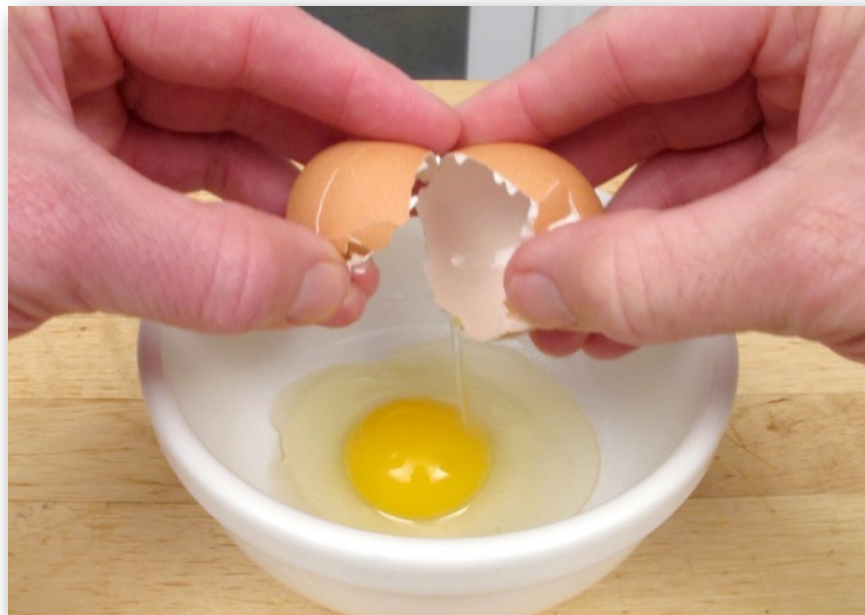


1. Spray a microwave oven safe bowl with a light, even coat of cooking spray.





2. Break 1 egg into the bowl and add the following ingredients:



Light dash of salt



## Shot of vanilla extract



## Shake of ground cinnamon



## Shake of coconut flour



## Shake of shredded coconut





## Shake of ground flaxseed



## Light shot of milk





3. Stir vigorously with a fork until **all the ingredients** are well mixed together and look about as shown in the picture on the right below.



4. Put the bowl in the middle of the microwave oven, and cook using HIGH heat or 100% power for about 1 1/2 minutes. **NOTE:** Cooking time will vary depending on microwave oven watt power. I used a 1200-watt microwave oven and cooked the coconut bowl pancake as shown for 1 1/2 minutes. If your microwave puts out less watt power, cooking time will be longer. If your microwave oven puts more watt power, cooking time will be shorter.



5. After cooking, carefully remove the bowl from the microwave oven by either gripping the cooler top edge of the bowl (left photo below) or using a potholder or folded dishtowel (right photo below) , and check the **coconut bowl pancake** for **DONENESS** as shown in the pictures that follow.



## COCONUT BOWL PANCAKE DONENESS

The coconut bowl pancake is safely cooked when the batter is uniformly solid with no runny liquid as shown below. If, however,...

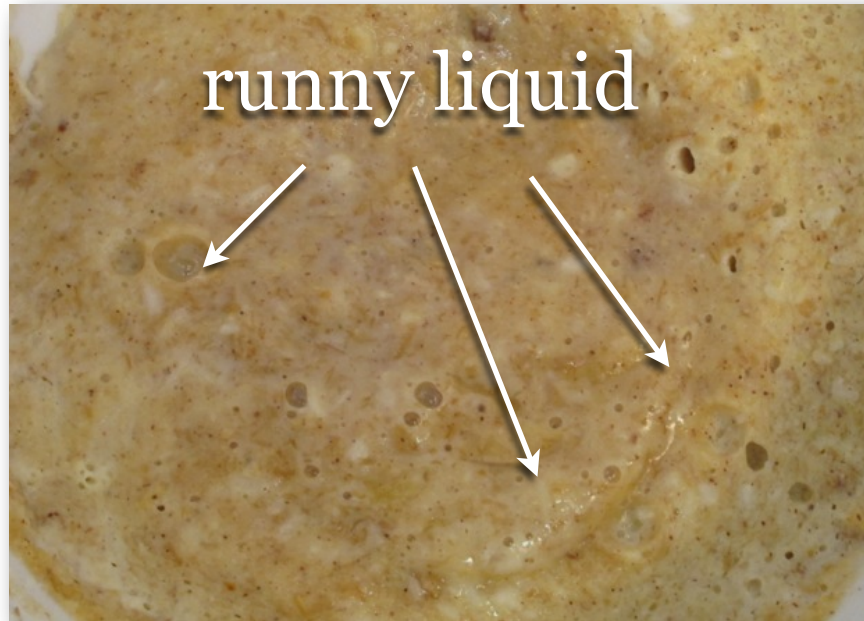


### Properly Cooked Coconut Bowl Pancake

...the batter is undercooked ~ still runny and wet as shown in the Undercooked Coconut Bowl Pancake picture below, keep cooking in the microwave oven and checking for doneness at 30 second intervals until the coconut bowl pancake



looks as shown in the Properly Cooked Coconut Bowl Pancake photo above.



## **Undercooked Coconut Bowl Pancake**

6. Top the freshly cooked coconut bowl pancake with your choice or a combination of the following sample ingredients - or any other ingredients that suit your specific taste.

**Your Favorite Yogurt** (I'm using nonfat plain yogurt)

**Fresh Fruit** (I'm using strawberries, but any fresh fruit will work)

**Dried Fruit** (I'm using dried cranberries and a date, but any dried fruit will work)

**Whipped Cream**



Your favorite yogurt

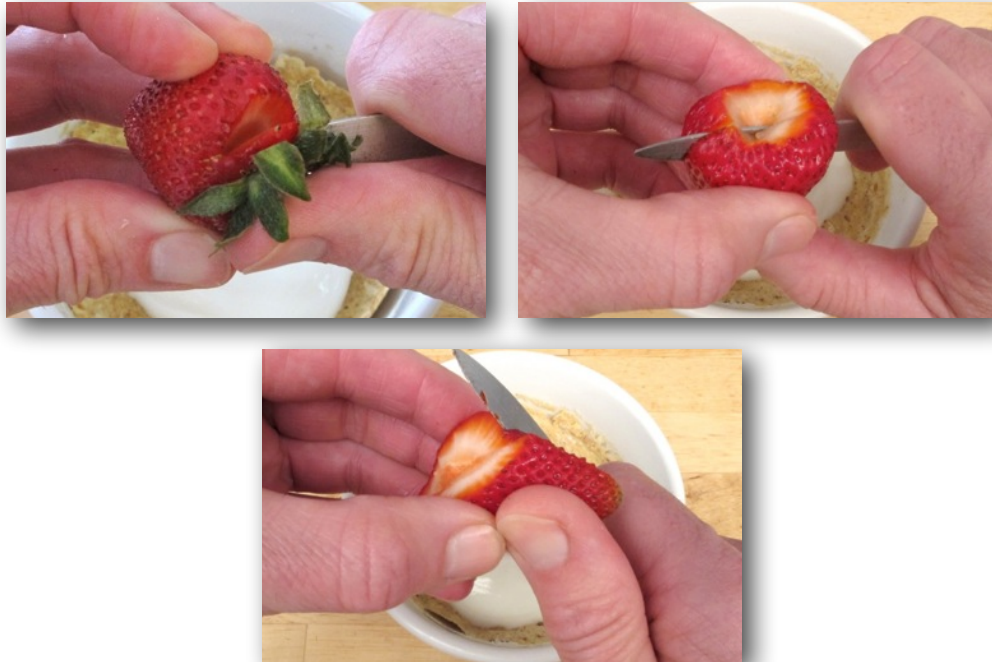


Your favorite fresh fruit - first, rinse the fruit in the sink and then...





...prepare it as needed (these pictures show how to remove the strawberry stem and then cut the strawberries into smaller bite-sized pieces).



Whipped cream



**Dried fruit** (either straight out of the package as shown with the dried cranberries in the left photo below or cut into bite-sized pieces as shown with the date in the photo below right)



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**Gotta' Eat, Can't Cook**

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