



Breakfast with Jon

BLUBERRY CHIA PANCAKES



Serving size: 3-4 pancakes

INGREDIENTS:

1 cup chia bran
½ tsp mineral salt
2 tbs coconut palm sugar
4 eggs
1 cup blueberries
½ cup unsweetened almond milk
1 tbs ghee
a couple strawberries
a dash of coconut yogurt (optional)

DIRECTIONS:

1. Mix the chia bran, mineral salts, coconut palm sugar, eggs, blueberries, and unsweetened almond milk in a mixing bowl.
2. Prepare the pan with 1 tbs of ghee and pour the mixture onto the pan.
3. Allow the pancakes to cook.
4. Once the pancakes are fully cooked, load the pancake up with some extra berries, a couple strawberries, and some coconut yogurt if you like.