



Trend – All About Breakfast

Lemon Dill Pancakes with Smoked Salmon

A delicious way to get those Omega-3's

Lemon Dill Pancakes:

- 3 eggs
- 3/4 cup coconut milk
- 1-1/2 Tablespoons fresh lemon juice
- 1/2 Tablespoon honey
- 1/2 Tablespoon pure vanilla extract
- 3/4 cup gluten free flour
- 1 teaspoon baking powder
- 1 Tablespoon minced fresh dill
- 1/8 teaspoon salt
- 1 to 2 teaspoons lemon zest
- Liquid coconut oil as needed

Prepare Pancake Batter: In large bowl, whisk together eggs, coconut milk, lemon juice, honey, and vanilla until well combined. Mix in the flour, baking powder, dill, and salt; stir well. Fold in lemon zest; let batter rest for 3 minutes.

Cook Pancakes: Heat 1/2 Tablespoon coconut oil in a large skillet over medium heat. When pan is hot; using 1/4 cup for each pancake, cook one to two pancakes at a time. Cook for 2-1/2 to 3 minutes; flip pancakes; cook for another 3 minutes until golden brown. Use spatula to transfer pancakes to paper towel lined plate; cover with foil to keep warm. Add more oil for cooking as needed. Makes 8 pancakes Serve with Smoked Salmon and Condiments

Condiment Ingredients:

Dill Pickled Red Onions

1 cup sliced red onion

1/4 cup chopped dill pickles

6 Tablespoons pickle juice

2 teaspoons capers

1 Tablespoon minced dill

Combine all ingredients in small bowl to marinade. Set aside.

Other Ingredients for Serving:

4 ounces Scottish Cured Smoked Salmon

Baby Spinach leaves as desired

1/4 cup grape tomatoes, halved

Garnish: Dill sprigs as desired

Optional Condiment – hot honey, optional

Form slices of salmon into small rolls; cut into serving portions. Roll larger slice of salmon into rosette roll for center of pancake plate.

Creamy Fresh Dill Sauce:

1/2 cup Greek plain yogurt

2 teaspoons minced dill

Paprika as desired

Stir yogurt and dill together. Spoon into small serving bowl; sprinkle lightly with paprika.

To Arrange a Serving Plate: Place pancakes on a serving plate; arrange spinach in center of plate; top with Dill Pickled Red Onions and a rosette of smoked salmon.

To Arrange a Side-Salad Plate: Place spinach on a salad plate; top with Dill Pickled Red Onion, small salmon rolls, tomato halves, and dill sprigs as desired.

To Serve: Add optional condiments – hot honey and Creamy Fresh Dill Sauce

Cook's Note: I used Bob's Red Mill 1for1 Gluten Free Flour as a substitute for all-purpose flour.

About the Recipe: With many people spending more time at home now, breakfast and brunches are being upgraded with new flavors and ingredients. This healthy breakfast/brunch recipe gives you some time to sit back and enjoy warm dill gluten-free pancakes, served with dill pickled onions, tomatoes, hot honey, and creamy fresh dill sauce.