



Almond Flour Pancakes

PREP TIME

25 min

TOTAL TIME

25 min

Nutrition Information Per Serving

Makes 3 servings

FAT

38g

PROTEIN

12g

CARBS

9g

CALORIES

410

Note: nutrition information will vary based on choice of sweetener.

Ingredients

1 cup almond flour

2 large eggs

1 tsp baking powder

2 Tbsp canola oil

¼ tsp salt

½ tsp sucralose (or sweetener of choice)

⅓ cup water

Butter or oil for frying

Instructions

1. Mix almond flour, baking powder, salt, and sweetener of choice in a bowl.
2. In separate bowl, beat eggs. Then add oil and water, and whisk together.
3. Pour wet ingredients into the bowl of dry ingredients. Mix or beat until the batter is smooth in consistency. If the batter is too thick, add a little water.
4. Heat butter or oil in a skillet over medium heat.
5. Drop batter by large spoonfuls, and cook until bubbles form and the edges are dry. Flip and cook until browned.

Adapted from <http://lowcarbyum.com/gluten-free-almond-flour-pancakes/>