Amy's Almond Pancakes

6 ingredients · 20 minutes · 2 servings

Directions

1. In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, almond milk, vanilla and sea salt.
2. Heat a greased skillet over medium-low heat. Pour the batter into the skillet. Cook each side for 3 to 4 minutes or until browned.
3. Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!

Notes

Additional Toppings
Nut butter, berries or whipped cream.

Keep it savoury
Skip the vanilla and add savory herbs and spices if you want!

Keep it blood sugar friendly
Avoid topping with syrup or jam (anything with sugars in it) to keep it as blood sugar neutral as possible.

Swap the milk
Any milk will work, I like to use protein milk.

Leftovers
Refrigerate cooked pancakes in an airtight container for up to three days, or freeze for a longer term meal prep option. Reheat in a toaster for easy leftovers.

Serving Size
One serving equals approximately 2 to 3 small pancakes.

Ingredients

1 cup Almond Flour

1 tsp Baking Powder

2 Egg

1/3 cup Unsweetened Almond Milk

1/8 tsp Sea Salt

1 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	403	Vitamin A	353IU
Fat	33g	Vitamin C	0mg
Carbs	13g	Calcium	358mg
Fiber	6g	Iron	3mg
Sugar	2g	Vitamin B12	0.5µg
Protein	18g	Magnesium	170mg
Sodium	489mg	Zinc	1mg

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