



## ALMOND FLOUR PANCAKES

	Ingredients	Exchanges
Protein	15.9 gm NOW Real Foods® almond flour	3 (-4.5 gm fat)
	----- 12 gm raw egg	----- 0.8 (-0.8 gm fat)
Fat	7.7 gm butter	2.6 (-5.3 gm)
Carbohydrate	<i>Choice of carbohydrate</i>	
Other	1 teaspoon water Walden Farms® pancake syrup for topping	

*Recipe developed by Paige Vondran*

### DIRECTIONS

- In a small bowl, melt the weighed butter in the microwave.
- Add the almond flour and raw egg to the melted butter.
- Add 1 teaspoon water to the bowl, then stir to combine ingredients.
- If adding a filling (mashed banana, blueberries, sugar free chocolate chips, etc.) add at this time.
- Preheat a pan over medium heat until warm; grease with nonstick cooking spray.
- Pour the batter into the greased pan, forming either one or two pancakes.
- Cook for 2-3 minutes until the one side is golden brown, then flip to cook other side.
- Serve warm.

### VARIATIONS

- Carbohydrates such as fresh strawberries, blueberries, banana, or sugar free chocolate chips can be added to the batter or served on top.
- Da Vinci Gourmet® sugar free pancake syrup could also be used.
- Dry seasonings such as ground cinnamon and nutmeg can be added to this recipe for additional flavor.
- This recipe can be frozen in an airtight storage bag for up to 2 months.