



# ALMOND FLOUR PANCAKES

By Dr. Cindy Tanzar  
(Standard/Maintenance)

Pancakes are an all-time favorite on the American breakfast menu, but far from weight-loss friendly. So many of you love the Vanilla Protein Pancakes, and have asked for recipes that are similar. This recipe from [wholesomeyum.com](http://wholesomeyum.com) will not only add more variety to your menu, it will also satisfy that muffin/bread craving. Make sure you purchase almond flour (not meal) for this recipe. Topping this pancake with Kerry Gold butter makes it even more moist and rich. You can eat it alone with the butter or add a fruit topping (below). Store any leftovers in the frig or freezer.

Makes 2 servings. One serving equals four 3-inch pancakes, and covers your protein and fat.



## INGREDIENTS

- 1 cup Blanched Almond Flour (finely ground is best)
- 1/4 cup coconut flour
- 2-3 tbsp. Swerve (at health food stores or Amazon)
- 1 tsp. baking powder
- 5 large pastured eggs



1/3 cup unsweetened almond/coconut milk (may need more)  
1/4 cup avocado oil  
1-1/2 tsp. pure vanilla extract  
1/4 tsp. pink Himalayan salt

## INSTRUCTIONS

Whisk all ingredients together in a medium bowl until smooth. (Batter should look like typical pancake batter consistency. If too thick, add a little milk at a time until batter is just pourable, but not too thin.)

Preheat a nonstick pan/skillet (greased with avocado oil) over medium heat. Drop the batter onto the hot pan and form into 3-inch circles. Cover and cook 1.5-2 minutes, until bubbles start to form. Flip and cook another 1.5-2 minutes, or until brown. (If pancakes brown too quickly, adjust heat slightly so they don't burn.) Serve with Kerry Gold butter or berries.

### Berry Syrup

For one serving:

Place one cup of berries (fresh or frozen blueberries, strawberries, raspberries or blackberries) in a small pan with a Tablespoon of water. As they start to simmer, mash them slightly with a fork to relinquish their liquid. Simmer until berries are a consistency you like. Add drops of stevia, to taste. Pour over pancakes.

Frozen mixed berries add more variety, too.

There are 9 grams of protein in two pancakes. Four 3-inch pancakes equal one serving. For variety, serve two pancakes with 2 Applegate Farms turkey bacon slices or savory turkey sausages.