



## CREAM CHEESE PANCAKES

By Dr. Cindy Tanzar  
(Maintenance Plan)

It doesn't get any easier than this! These thin and light pancakes are great just by themselves with a pat of Kerry Gold butter or with a little Lakanto Maple Syrup. You can also wrap them around turkey bacon or sausage for a Pig in a Blanket! This recipe makes two servings, unless you are adding turkey bacon or sausage, then it will make 3-4 servings.



### INGREDIENTS

4 oz. organic cream cheese, very soft  
4 large pastured eggs  
Avocado oil



## INSTRUCTIONS

Blend the cream cheese and eggs in a blender or with an immersion blender in a large measuring cup or medium bowl until smooth.

Heat a nonstick griddle or pan over medium heat. Lightly grease with avocado oil. Gently pour egg mixture onto pan, into approximately 4" pancakes (will make it easier to flip).

Once bubbles appear on top (1-2 minutes) and batter is more set around the edges, flip the pancake and cook until lightly browned. It is helpful to just lift the edge with your spatula, then sliding it under quickly and flipping quickly.

Place pancakes on a cooling rack if not eating immediately or they will sweat.