



ALMOND FLOUR KETO PANCAKES

CAN SATURDAY MORNING GET ANY BETTER?!

- 1/2 cup almond flour (can find at specialty store or Whole Foods)
- 1 Tbsp MCT oil (melted coconut oil to sub)
- 1 tsp baking powder
- 1 tsp cinnamon
- 6 drops liquid stevia (or 1 packet of powder)
- 1 large egg
- 3 tablespoons water
- 1 Tbsp coconut oil for pan

2 SERVINGS

- 1 All all ingredients to a small bowl and wisk with fork to combine.
- 2 Heat a non-stick pan and melt about 1 tsp coconut oil to coat the pan. Use a Tablespoon to drop into small pancakes (1-2 Tbsp per pancake).
- 3 Flip when solid enough (approx 2-3 mins) and cook for an additional 2 mins on the other side. Dont overcook or they will be very dry.
- 4 Serve with nutbutter or Lakanto Maple Flavored Syrup (monkfruit syrup) which can be purchased on the retailers website or Amazon.

Calories: 271 per serving
Net carb: 5g (7%) [Total Carbs: 9g] Protein: 9g (14%) Fat: 24g (79%)