

LOW-CARB ALMOND BUTTER PANCAKES

KETO :

ENTER CINNAMON RAISIN OVERNIGHT "OATS"- A PERFECT KETO-FRIENDLY BREAKFAST ALTERNATIVE THAT MANAGES TO BE BOTH SATISFYING AND FILLING. SAVOR THE RICH FLAVOR AND NUTRITIONAL VALUE OF ALMOND BUTTER IN EACH MOUTHFUL

TOTAL TIME: 20 MINUTES|COOK TIME: 10 MINUTES|PREP TIME: 10 MINUTES|CUISINE: AMERICAN|COURSE: BREAKFAST|YIELD: 4 PANCAKES



INSTRUCTIONS

- 1.COMBINE ALMOND BUTTER, EGGS, MILK, COCONUT OIL, AND VANILLA IN A MEDIUM BOWL.
- 2.THEN ADD IN THE BAKING POWDER AND SALT, AND STIR TOGETHER. ADD SWEETENER IF USING.
- 3.SO, I HEATED A NON-STICK SKILLET WITH COCONUT OIL OVER MEDIUM HEAT AND BRUSHED IT LIGHTLY.
- 4.USE 1/4 CUP BATTER FOR EACH PANCAKE COOK UNTIL BUBBLES START TO FORM ON THE SURFACE AND YOU SEE THAT EDGES ARE LOOKING SET ABOUT 2-3 MINUTES.
- 5.FLIP THE PANCAKES AND COOK FOR ANOTHER 1-2 MINUTES UNTIL THEY ARE GOLDEN BROWN ON BOTH SIDES WITH NO DRIED BATTER IN SIGHT.
- 6.ENJOY HOT WITH YOUR FAVORITE KETO-APPROVED TOPPINGS.

INGREDIENTS

- 1/2 CUP ALMOND BUTTER
- 2 LARGE EGGS
- 2 TABLESPOONS ALMOND MILK
- DIRECTIONS1 TABLESPOON MELTED COCONUT OIL
- 1 TEASPOON VANILLA EXTRACT
- 1/2 TEASPOON BAKING POWDER
- 1/4 TEASPOON SALT
- 1 TBLS SWEETENER OF YOUR CHOICE (OPTIONAL)

SPECIAL NOTE:

- FOR A QUICK BATTER, MAKE SURE THE INGREDIENTS HAVE COME TO ROOM TEMPERATURE.
- DO NOT OVER-BLEND THE BATTER OR YOUR PANCAKES WILL END UP BEING DENSE.
- ALLOW IT TO REST FOR A FEW MINUTES BEFORE MAKING THIS WITH PUMPKIN PATCHIDDEN VEG TOMATO SAUCE

NUTRITION (PER PANCAKE):

CALORIES: 220|FAT: 18G|CARBOHYDRATES: 4G|FIBER: 2G|PROTEIN: 9G



IF YOU LIKE OLIVES, SPINACH, AND/OR GARLIC; GO AHEAD AND TRY THIS OUT FOR A FREE TASTE OF SOME BREAKFAST-TIME SUCCESS.