

Almond Pancakes

net Carb 4.4, fiber 1, protein 20, fat 10

blueberries 4.4 net carb .5 protein

raspberries 1.5 net carb .3 protein

Ingredients

1/8 cup almond flour

1/4 cup protein powder

1/1/2 tbs soy flour

1/2 tsp baking powder

1 or 2 eggs

1/4 cup cottage cheese - whip cream & add cream cheese - add sour cream?

Directions

Serve with almond butter or sugar-free pancake syrup.

Garnish with toasted almonds, if desired.

Mix the protein powder, almond meal, soy flour and baking powder together.

Stir in the beaten eggs and cottage cheese (substitute cream cheese if cottage cheese is not on your accepted foods list) until blended.

Heat a large nonstick skillet or griddle over medium heat. Lightly grease with butter or canola oil.

Using about 1/4 cup per pancake, drop batter onto the skillet. When bubbles begin to form in the middle of each pancake, turn over and cook another 2 minutes or until firm.

Repeat, keeping pancakes warm in the oven.



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