



Protein Pancakes

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 2/3 cup almond flour
- 2 tbsp tapioca flour
- 2 tbsp protein powder
- 1/8 tsp baking soda
- 1/8 tsp salt
- 1/8 tsp ground cinnamon
- 2 tbsp almond butter
- 1/3 cup unsweetened almond milk
- 2 eggs
- 1 tbsp butter

DIRECTIONS

1. Mix all dry ingredients together.
2. Whisk together eggs and almond milk.
3. Stir egg mixture, and almond butter into dry ingredient mixture until smooth.
4. Heat 1/2 tbsp butter or oil in a medium skillet over medium heat.
5. Scoop 1/6 of batter onto the skillet for one pancake, you will likely be able to fit 2-3 pancakes on the skillet.
6. Cook until edges become firm and you can easily flip the pancake.
7. Cook for another 3-5 minutes on the opposite side.
8. Repeat steps 5-7 with remaining batter.
9. Option to serve with mixed berries or spread with almond butter.

NUTRITION INFO

Calories: 549, Carbohydrate: 13 grams, Protein: 34 grams, Fat: 43 grams