

Breakfast

Almond Pancakes



Portion:

The recipe / mixture creates exact ready-to-eat portions for one!

Ingredients:

- 1/2 cup almond meal
- 1/4 cup egg whites
- 1 whole egg
- 1 teaspoon cinnamon
- 3 droppers of SweetLeaf Vanilla Crème Sweet Drops (optional for sweetness)
- 1/4 cup fresh blueberries

Directions:

1. Mix all the ingredients together to create a batter.
2. Spray a cooking pan with Nature's Promise Olive Oil Spray.
3. Pour batter to create a medium pancake. Cook for 30 seconds on one side & flip, cooking 30 seconds on the other side. Repeat until the batter is done. The mixture will create several pancakes, so lightly respray the pan with olive oil between each pouring.
4. Top the cooked pancakes with Joseph's Sugar Free Syrup and serve.