



Fluffy Almond Flour Pancakes

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

Nutrition Information Per Serving

348.1 calories, 9.92 g carbohydrate, 5 g fiber, 4.92 g NET carbs, 13.37 g protein, 29.7 g fat

Ingredients

- 3 large(s) pastured eggs
- 1 tsp organic vanilla extract
- 1/2 tsp(s) organic cinnamon
- 1 1/2 cup(s) blanched almond flour
- 1/4 cup(s) coconut milk
- 1/2 tsp(s) baking soda
- 1/2 cup(s) organic apple cider vinegar
- 1 Tbsp coconut oil, melted
- 1/4 tsp(s) sea salt

Preparation

1. Add all ingredients to a high-speed blender and mix for 1 minute. (Note: Batter will be thick, you may thin by adding coconut milk, one tablespoon at a time. This will result in a thinner pancake.)
2. Heat a safe nonstick skillet over medium heat. Coat lightly with coconut oil.
3. Pour batter into pan, preferably in silver-dollar sized dollops.
4. Flip when pancake bottoms are light golden brown.
5. Repeat with remaining batter.

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