



Almond Flour Protein Pancakes

These delicious, fluffy pancakes are a great source of protein, fibre, and healthy fats, which can support muscle recovery, digestion, and energy levels. Almond flour also contains vitamins and minerals like vitamin E and magnesium, which are beneficial for athletic performance. They are also easy to make!

Serves: 2, Prep time: 00:10, Cook time: 00:10

Instructions

1. In a medium bowl whisk together the spooned and leveled almond flour, baking powder and salt.
2. In a small bowl whisk together the almond or your favourite milk eggs maple syrup and vanilla.
3. Pour the wet ingredients into the bowl with the dry ingredients and stir. If your batter is very thick stir in more milk until it resembles a thick batter. If it's too thin sprinkle in a touch more almond flour.
4. Heat a non-stick skillet over medium low heat. Brush the pan with a little olive oil and use a quarter measuring cup to pour the batter onto the pan.
(Note: these are more delicate than

Ingredients

- 1 1/3 cups Almond Flour
- 1 teaspoon Baking Powder
- 1/4 cups Milk, Your choice e.g. Almond, Cows etc
- 2 Eggs, Large
- 1 tablespoon Maple Syrup
- 1 teaspoon Vanilla Extract
- 1 teaspoon Extra Virgin Olive Oil

regular flour pancakes so it's important to make them small).

5. Cook the pancakes for 1 to 2 minutes per side, turning the heat to low as needed so that the middles cook without burning the outsides. I usually turn my heat lower after each batch as my pan starts to hold residual heat. Almond flour pancakes darken a little quicker than pancakes that use regular flour.
6. Serve with maple syrup.

Notes

You can use Stevia for sweetness if you want to reduce the sugar content.

I serve mine with strawberries or blueberries and greek yogurt.

The recipe makes 6 small pancakes.