

Almond Protein Pancakes



PREP TIME:
5 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
15 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- ½ Cup Almond Flour
- ¼ Cup Cassava Flour
- ¼ Cup Gluten Free All-Purpose Flour – I used Bob’s Red Mill
- 1/8 Cup Tapioca Flour
- 3 Tablespoons Coconut Sugar
- 1 Teaspoon Baking Powder
- ½ Teaspoon Cinnamon
- 1/8 Teaspoon Salt
- 2 Tablespoons Melted Coconut Oil
- ½ Teaspoon Vanilla Extract
- ½ Cup Almond Milk
- 1 Egg
- 1 Tablespoon Ghee or Vegan Butter
- ¼ Cup Pure Maple Syrup

Instructions:

1. Add all dry ingredients to a medium mixing bowl – all flours, sugar baking powder, cinnamon, and salt. Mix with whisk until evenly combined.
2. In a small mixing bowl add all the wet ingredients – melted coconut oil, vanilla extract, almond milk, and egg. Whisk until combined.
3. Pour wet ingredients into dry ingredients and stir lightly until combined. Set aside.
4. Warm up a large skillet to medium heat. Add ghee or butter to skillet. Allow to melt & spread out evenly.
5. Once pan has some sizzle, ladle about 1/3 Cup batter into round circles for pancakes. Allow to cook through until golden on bottom – about 4 minutes. Flip pancakes and cook another 3-4 minutes until golden.
6. Serve with maple syrup, recommend 1-2 tablespoons as a serving.
7. **Optional:** Add ¼ Cup Blueberries to Batter / Top with Sliced Bananas or Berries of Choice

***Try and use all organic ingredients if possible.**