

## Almond Pancakes Recipe

**Servings:** 4 pancakes

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

### Ingredients:

- 1 1/3 cups almond flour
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1/4 cup almond milk (plus a little more if batter is too dry)
- 2 large eggs (room temperature)
- 1 teaspoon vanilla extract
- 1 tablespoon homemade maple syrup or low-carb sweetener
- Butter for the pan

### Instructions:

1. **Measure the Almond Flour:** Begin by spooning the almond flour into a measuring cup and leveling it off. Avoid compacting it, as this could make the batter too dry.
2. **Mix the Dry Ingredients:** In a mixing bowl, combine the almond flour, salt, and baking powder. Stir well to ensure even distribution.
3. **Prepare the Wet Ingredients:** In a separate bowl, whisk together the almond milk, eggs, vanilla extract, and your choice of homemade maple syrup or sweetener until thoroughly combined.
4. **Combine the Mixtures:** Slowly add the wet ingredients to the dry mixture, stirring until just combined. If the batter appears too thick, gradually add more almond milk, a tablespoon at a time, until you achieve a pourable consistency that is neither too thick nor too runny.
5. **Cook the Pancakes:** Heat a skillet or non-stick pan over medium heat and lightly coat it with butter. Spoon the batter onto the pan, creating pancakes of your desired size. Cook for 2 to 3 minutes, or until bubbles start to form on the surface and the edges are set. Carefully flip the pancakes using a spatula and cook for an additional 2 minutes, or until golden brown and cooked through.
6. **Serve:** Transfer the pancakes to a plate and top with a pat of butter. For a delightful finish, drizzle with more homemade maple syrup or your preferred topping. Enjoy your delicious, low-carb almond pancakes!

### **Nutritional Breakdown (per pancake):**

- **Calories:** 165 kcal
- **Fat:** 14g
- **Protein:** 6g
- **Total Carbohydrates:** 4g
- **Dietary Fiber:** 2g
- **Net Carbohydrates:** 2g

These almond pancakes are a delicious and satisfying low-carb breakfast option, perfect for those looking to reduce their carbohydrate intake without sacrificing flavor or texture.