

# Fluffy Almond Flour Pancakes

## Diabetes Friendly (portion control)

Prep Time 15 minutes

Cook Time 15 minutes

Makes 10 pancakes / Serves 5

### Ingredients

- 3 large eggs
- 2 tablespoons vanilla extract
- ½ cup skim milk
- 2 ½ tablespoons sugar
- 1/4 teaspoon kosher salt
- 2 cups almond flour (8 oz)
- 1 teaspoon baking soda
- oil spray for griddle

Nutrition Facts	
Amount Per Serving	
<b>Calories</b>	<b>176</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 1.3g	<b>7%</b>
Trans Fat 0g	
Polyunsaturated Fat 3.1g	
Monounsaturated Fat 7.7g	
<b>Cholesterol</b> 56mg	<b>19%</b>
<b>Sodium</b> 184mg	<b>8%</b>
<b>Total Carbohydrates</b> 9.1g	<b>3%</b>
Dietary Fiber 2.8g	<b>10%</b>
Sugars 5.1g	
<b>Protein</b> 7.1g	
Vitamin D 0.5mcg	<b>2%</b>
Calcium 85mg	<b>7%</b>
Iron 1.1mg	<b>6%</b>
Potassium 209.9mg	<b>4%</b>
<b>Caffeine</b> 0mg	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

### Instructions

1. In a medium bowl, whisk together the eggs, vanilla, milk, sugar, and salt.
2. Gradually whisk in the almond flour. Whisk until very smooth and free of lumps.
3. Finally, whisk in the baking soda.
4. Heat a nonstick griddle over medium heat, 4-5 minutes. Spray with oil. Use a ¼ cup scoop to scoop out the pancakes into the griddle.
5. Cook the pancakes about 3 minutes on each side, until puffed, golden-brown and cooked through.

