



LOW(ISH) CARB PANCAKES

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- 2 Eggs
- 1 Mashed banana
- 1.5 Cup almond flour
- 1 Tbl Spoon PB/Almond Butter
- 1 Tbl Spoon sweetener of choice
- 1 Teaspoon baking powder
- Olive oil/Coconut oil

DIRECTIONS

1. Mash banana, add PB, eggs + sweetner. Mix until smooth.
2. Add dry ingredients.
3. Lightly fry each side!
4. Top with whatever you fancy!

