



Almond Flax Buckwheat Pancakes(High Protein)

19 servings

20 minutes

Ingredients

1/2 cup Almond Flour
1/2 cup Buckwheat Flour
1/2 cup Ground Flax Seed (Bob's Flax Seed Meal)
1/2 tsp Baking Powder
1/2 tsp Baking Soda
1/3 oz Collagen Powder (1 scoop Vital brand)
1 tbsp Monk Fruit Sweetener
1/8 tsp Salt
3 Eggs
1 cup Unsweetened Coconut Milk
2 tbs Avocado Oil
1 tsp Vanilla Extract

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 86 |
| Fat | 7g |
| Carbs | 5g |
| Fiber | 1g |
| Sugar | 0g |
| Protein | 3g |
| Sodium | 76mg |
| Potassium | 11mg |
| Calcium | 28mg |
| Iron | 1mg |
| Phosphorous | 18mg |

Directions

- 1 In a medium-sized bowl, whisk together the eggs, coconut milk, and vanilla extract. On a separate bowl, combine the dry ingredients: almond flour, buckwheat flour, flax seed meal, baking powder, baking soda, collagen powder, sweetener, and salt. Mix well. Then mix together the wet and dry mixtures until smooth.
- 2 Set the batter aside and allow to rest while heating up your pan or griddle (275 F). Lightly grease griddle with butter. For each pancake, use a 1.5 tbsp cookie scoop to grab batter and place onto greased griddle. Cook each side for 2 to 4 minutes or until browned.
- 3 Serve pancakes with berries of your preference. May use sugar-free syrup (made with either erythritol, stevia or monk fruit) Enjoy!

Notes

Leftovers: Refrigerate cooked pancakes in an airtight container for up to three days. Reheat in a toaster for easy leftovers.

Serving Size: One serving equals approximately 3 to 4 small pancakes.

Additional Toppings: Top with berries and/or add 1 tbsp of maple syrup to berries.

No Monk Fruit Sweetener: Omit or use stevia.