

Grain-free Keto Almond Butter Pancakes

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 cup almond butter
- 1/2 cup unsweetened applesauce
- 2 eggs
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 tsp vanilla extract

Instructions:

1. Preheat your oven to 350F degrees (180C). Grease a baking sheet with coconut oil or line with parchment paper.
2. In a small bowl, whisk eggs. In another bowl, combine almond butter and applesauce. Add the eggs, spices and vanilla.
3. Pour batter to desired size on to baking sheet. I used a 1/4 cup measuring cup.
4. Bake for 10 minutes until firm. Enjoy immediately!
5. For the toppings, I added melted coconut butter, wild blueberries, strawberries and sprinkled cinnamon.

Notes:

Makes 10 small pancakes. I find 3 quite filling for a serving. If you're following a specific keto diet, the toppings I used probably make it around 5-8 net carbs per serving would be my best guess. This recipe is adapted from Detoxinista's recipe.