



Low carb blackberry cinnamon pancakes

The great thing about this is you can put together and then go and do something else. Or prep in advance. Serves 4. Per serve: Cal: 440; Fat: 40.7g; Pro: 12.9g; Carbs: 4.0g

Serves: 4, Prep time: 00:10, Cook time: 00:40

Instructions

Preheat oven to 180 degrees. Line a baking tray with paper or use a little melted butter or coconut oil to grease.

Place almond milk and lemon juice in bowl and let stand for 10 minutes (making butter milk).

Sieve all of the dried ingredients. Melt the butter.

Whisk the egg, butter milk, butter, vanilla together. Add to the dry ingredients and mix. This will be quite runny.

Fold in the blackberries.

Pour into tray and bake for ~40 minutes until baked through.

Serve, with cream, coconut cream or yoghurt.

Ingredients

- 1.75 cups Almond milk, unsweetened
- 1.75 tablespoon Lemon juice
- 2 cups Almond meal
- 0.25 cups Equal Natural Sweetener (Stevia)
- 2 teaspoon Baking powder
- 1 teaspoon Cinnamon
- 50 grams Butter, salted (2 oz)
- 1 Eggs
- 2 teaspoon Unsweetened vanilla extract
- 0.25 teaspoon Salt, Himalayan
- 1 cups Blackberry

*can switch the butter to coconut oil for a dairy free recipe.