



PREP: 10min  
COOK: 10min  
SERVES: 4

## Keto Low Carb Pancakes

These sugar free, gluten free, lightly spiced pancakes are perfect for a healthy weekend breakfast. Drizzle with our Sugar Free Maple Flavoured Syrup and enjoy 100% guilt free!

### Ingredients

1 cup (100g) whole almond meal  
1/4 cup (30g) coconut flour  
1/2 cup (125ml) milk of choice (we used almond milk)  
3 large eggs  
2 tsp Queen Finest Madagascar Pure Vanilla Extract  
2 tsp baking powder (gluten free)  
1 tsp ground cinnamon  
Oil or butter, to grease  
Queen Sugar Free Maple Flavoured Syrup, to serve  
1/2 cup ricotta  
Apple, sliced

### Method

#### STEP 1

In a medium bowl whisk together almond flour, coconut flour, eggs, almond milk, vanilla extract, baking powder and ground cinnamon.

#### STEP 2

Spoon 1/4 cup of batter onto greased non-stick pan over a low-medium heat. Pancake will be ready to flip once bubble appear and do not close in on themselves.

#### STEP 3

To serve, top with a spoonful of ricotta, sliced apple and a drizzle of Sugar Free Apple & Cinnamon Maple Flavoured Syrup.

Why not take a photo and share your version with us.  
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