



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
¼ cup (30g) coconut flour
½ 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
½ 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.

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