



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Pancakes

1.5g NET Carbs (Low Carb Keto)

Delicious Fluffy Texture. Very simple and easy recipe. Great to have a side with Bacon and Eggs. Enjoy as a meal or snack.



7 Servings – 1 Serving = 145 Calories / 14g Fat / 3g Carbs / 1.5g Fiber / 1.5 NET CARB / 7g Protein

INGREDIENTS

2 Eggs
2 Oz. Cream Cheese
½ tbsp Vanilla Extract
½ tbsp Maple Extract

¼ tsp Cinnamon
1 tbsp Baking Powders
2/3 cup Almond Flour

Instructions:

1. Microwave cream cheese for 20 seconds.
2. Add all ingredients to Blender.
3. Blend until it forms a thick consistency.
4. Use Pam and spray the sauce pan then add 1/7 of the batter to a sauce pan on medium heat. (If you choose to make your pancakes bigger it will change the macros)
5. Turn pancake over when the edges start to bubble.
6. Remove when fully cooked.