

# Pancakes – Low Carb

**Makes:** 4 Pancakes

## Ingredients

1 cup almond flour or ground almonds  
2 eggs  
¼ cup water (use sparkling water if you like puffed pancake)  
1 tbsps oil  
¼ tsp salt  
½ tsp Xylitol (natural sweetener from health food shop)  
Lemon juice (optional)



## Instructions

1. Just whisk almonds, eggs, salt and water together into a batter and fry on a non-stick pan.
2. Flip and fry on underside.
3. Top with lemon juice and sprinkle of Xylitol

## Nutrition information:

Per Pancake:

Kcal	207
Fat Sat	2.0g
Net Carbs	2.5g
Protein	6.5g