



Pancakes

MAKES 12 PANCAKES ✦ SWEETNESS: LOW

These pancakes are a healthy, dairy-free, high-protein way to start the day. They offer something sweet for the morning that won't spike your blood sugar, especially when served with turkey bacon. Sprinkle berries or dark chocolate chips into the batter for a more creative take on breakfast. Make the batter in a blender to ensure the proper consistency.

2 large eggs
1/4 cup agave nectar
1 tablespoon vanilla extract
1/4 cup water
1 1/2 cups blanched almond flour
1/2 teaspoon sea salt
1/2 teaspoon baking soda
1 tablespoon arrowroot powder
2 tablespoons grapeseed oil

In a blender, combine the eggs, agave nectar, vanilla extract, and water; process on high for about 1 minute, until smooth. Add the almond flour, salt, baking soda, and arrowroot powder, and blend until thoroughly combined.

Heat the grapeseed oil in a large skillet over medium-low heat. Ladle 1 heaping tablespoon of the batter onto the skillet for each pancake. Cook until small bubbles form on the top of each pancake; when the bubbles begin to open, flip each pancake. When fully cooked, transfer the pancakes to a plate.

Repeat the process with the remaining batter, then serve.