

## INGREDIENTS

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2 Eggs  
1/4 cup Plain Yoghurt  
1/2 cup Almond Meal  
1/2 cup Almond Flour  
1 Tbsp Monk Fruit Sweetener  
1 tsp Baking Powder  
1 Tbsp Almond Oil

Topping - your choice, suggestions:

Blueberries

Strawberries

Banana

Raspberries

Honey or Chocolate Almond Butter

## INSTRUCTIONS

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1. Place in a mixing bowl and stir until well combined.
2. Heat oil in a pan.
3. Add batter to the size you desire and cook on medium to low heat.
4. Once the top starts to bubble, flip over and cook for another min or two.
5. Top with your choice of fruit and drizzle with honey.



## Pancakes



Serves 1-2



10 minutes

Who doesn't love pancakes?!

These pancakes are wheat free, light, soft and delicious. Not a fan of honey? Try drizzling with Chocolate Almond Butter.

**Tip:** Add a scoop of collagen powder which is great for hair, skin, nails and gut health

