



Keto Nut Flour Pancakes

Ingredients:

- 1/3 cup Nature's Earthly Choice Nut Flour Blend
- ½ cup full-fat cream cheese, room temperature
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 2 teaspoons monk fruit sweetener
- 4 eggs
- Berries, coconut flakes, cinnamon (for topping, optional)
- Sugar-free maple syrup (optional)
- Butter

Directions:

1. Add all the ingredients (except the toppings) to a blender. Blend until smooth.
2. Melt butter in a medium skillet over medium heat. Add about ¼ cup batter. Cook for about 3 to 4 minutes, or until the edges are slightly set. Flip and cook for another 3 minutes. Top with butter, berries, coconut flakes, cinnamon, and/or sugar-free maple syrup. This recipe makes about 8 keto pancakes.