

Low-Carb Pancakes with Stevia-Sweetened Syrup



Makes 6 pancakes

Ingredients:

- 1 cup almond meal
- 2 eggs
- $\frac{1}{4}$ cup water
- 2 tablespoons oil
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon low-carb sweetener

Adapted from Gwens-Nest.com

- Stevia-Sweetened Syrup (recipe below)

Instructions:

1. Mix all ingredients together in a large bowl.
2. Heat a non-stick pan with a bit of oil to prevent sticking. Place batter by quarter-cup portions in pan and flip when underside is brown; they will not bubble as regular pancakes do.
3. Serve with stevia syrup.

Stevia-Sweetened Syrup



Ingredients:

- 3 cups water

Adapted from Gwens-Nest.com

- 1 tablespoon maple extract
- 1/2 teaspoon butterscotch flavoring*
- 1/8 teaspoon salt
- 1/4 teaspoon stevia sweetener
- 1/2 to 1 teaspoon glucomannan powder

Instructions:

1. Combine all ingredients except for the glucomannan powder into a medium saucepan over low heat.
2. Once everything is stirred together, sprinkle the glucomannan powder lightly over the surface of the syrup, and whisk to incorporate.
3. Taste and adjust the flavors, and turn the heat up to medium.
4. Let your syrup come to a simmer, and thicken. It will thicken up a bit more when cooled/chilled. If you like a thicker syrup, use a little more glucomannan, up to 1 teaspoon.
5. Serve warm or cold with a big stack of my low carb pancake recipe!

Note:

*You may also use butter or caramel flavoring, depending on preference.

Nutrition per pancake (with syrup): Calories 218; Total Fat 15.7 g; Saturated Fat 2.0 g; Monounsaturated Fat 7.7 g; Polyunsaturated Fat 5.1 g; Total Carbohydrates 6.0 g; Dietary Fiber 2.0 g; Sugar Alcohols 0.1 g; Sugars 3.1 g; Protein 6.0 g; Sodium 448 mg