

Almond Meal Pancakes

3/4 cup almond meal

1/8 tsp. sea salt

1/4 tsp. baking soda

2 egg whites or, 1 tbsp ground flax seed + 3 tbsp. water

1 1/2 tbsp. water

1-2 tbsp. agave nectar or maple syrup

Non-stick cooking spray

Heat pancake griddle to 375°F. When hot, spray griddle with spray.

Mix the almond meal, salt, and baking soda in a medium-sized bowl.

Add egg or flax mixture, combine thoroughly.

Spoon batter onto hot griddle. Cook until bubbly on top of batter (takes longer than a traditional pancake recipe).

Serve with syrup and fruit.

The pancakes can easily be frozen and easily re-heated in a toaster oven for a quick treat any time.