

Almond Butter Pancakes

Makes 3 to 4 servings (7 - 8 pancakes)

1/2 cup	almond butter
1/2 cup	unsweetened applesauce
2	whole eggs
1/2 tsp	baking soda
1/2 tsp	cinnamon
1/2 tsp	vanilla extract

1. In a medium bowl, combine all of the ingredients and mix until a smooth, uniform batter is created.
2. Scoop the batter using a 1/4 cup onto pre-heated non-stick frying pan medium to medium-low heat, with a small amount of oil. Cook until surface of pancakes have some bubbles and a few have burst, 1 to 2 minutes per side. Flip carefully with a spatula and cook until browned on the other side, 1 minute or more.
3. Serve with fresh fruit, berries, dollop of plain Greek yogurt with a drizzle of maple syrup.

Michele Blanchet, Registered Dietitian

www.micheleblanchet.ca
micheleblanchetdietitian@gmail.com