

Gluten Free Pancakes

Code
\$, Q, V, GF



Ingredients Needed:

- ½ cup almond meal
- 1 teaspoon vanilla extract
- ¾ teaspoon baking powder
- 2 eggs, separated
- ½ cup low-fat milk
- Cooking spray

Nutrition Facts:	
Yield	2 servings
Calories	137
Total Fat	8.5 g
Sat Fat	2 g
Sodium	93 mg
Added Sugar	0 g
Vitamin E	35% DV
Calcium	19 % DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- Place egg whites into mixing bowl and whip with electric mixer until whites are mostly firm.
- Combine almond meal and baking powder in bowl.
- Whisk together vanilla, egg yolks, and milk in a small bowl until blended well.
- In a large bowl, combine egg yolk and almond meal mixtures. Gently fold in egg whites.
- Heat on skillet over medium heat and grease well with cooking spray. Pour about ¼ cup batter in pan and cook until underside is lightly browned. Flip pancake and cook until second side is lightly browned.