

*Cream Cheese & Almond Flour Pancakes*

- 1
- 2 tbsp

1

1/8 cup

2 scoops

2 tbsp
- cream cheese

egg

almond flour

monk fruit

butter

Combine ingredients to form batter. Cook in the butter.

Nutrition Facts	
Servings per Recipe: 1	
Amount per Serving	
Calories (kcal)	560.0
Fat (g)	61.0
Saturated Fat (g)	34.0
Trans Fat (g)	0.0
Polyunsaturated Fat (g)	1.0
Monounsaturated Fat (g)	2.0
Cholesterol (mg)	305.0
Sodium (mg)	70.0
Carbohydrates (g)	3.0
Sugar (g)	1.0
Fiber (g)	1.0
Protein (g)	9.0
Calcium 50.0 mg	Iron 0.72 mg
Phosphorus 100.0 mg	Potassium 170.0 mg
Riboflavin 0.26 mg	Vitamin A 300.0 IU
Vitamin C 0.0 mg	Vitamin D 40.0 IU
Vitamin E 8.0 IU	Zinc 0.6 mg