RECIPE

Almond flour pancakes with blueberries

Small, tender almond flour pancakes for breakfast, topped with a half cup of blueberries and no syrup, about 10 minutes from bowl to plate.

MAKES

4 servings US Metric

TOTAL

20 min

Ingredients

- [ ] 1 ½ cups finely ground blanched almonds, spooned and leveled
- [ ] 1 tsp baking powder
- [ ] ¼ tsp salt
- [ ] ½ tsp ground cinnamon
- [ ] 2 large eggs
- [ ] 2 large egg whites
- [ ] 1 tsp vanilla extract
- [ ] ⅓ cup water
- [ ] 1 tsp olive oil, wiped on the pan
- [ ] 2 cups blueberries, for the top

Method

1. Whisk the ground almonds, baking powder, salt and cinnamon in a medium bowl until no lumps of baking powder are left.
2. In a small bowl, whisk the eggs, egg whites, vanilla and water until smooth. Pour them into the dry bowl and stir just until combined. The batter is thick; let it sit 5 minutes while the pan heats.
3. Warm a nonstick skillet over medium-low heat. Wipe the olive oil over it with a paper towel.
4. Drop the batter by scant ¼ cupfuls, about 4 to a pan, and spread each into a round about 3 inches across and ½ inch thick. Keep them small; larger ones tear when flipped.

5 Cook 2 to 3 minutes, until the edges look set and the underside is golden. Flip with a wide spatula and cook 2 minutes more, until the center springs back when pressed. A thermometer in the middle of a pancake reads 160 °F. If the outside browns before the middle sets, turn the heat to low.

6 Make 8 pancakes in all. Serve 2 per person with a half cup of blueberries on each plate.