



## **Low-Carb Coconut pancakes**

### Ingredients

4 egg whites  
2 tbsp. coconut flour  
1 tsp. cinnamon  
1 tsp. vanilla extract

### Directions:

1. Preheat skillet medium/high heat.
2. Mix all ingredients well and cook like a pancake.

### Additional toppings:

1/2 banana, chopped  
1/8 cup raw walnuts  
Dash cinnamon  
2 tbsp. honey substituted for syrup

### Nutrition (with additional toppings):

Recipe makes 2 servings

Calories: 208

Fat: 5.5

Carbs: 36

Protein: 11