

PANCAKES

Makes 3 small pancakes to serve 1 person



INGREDIENTS

- 2 oz Cream cheese (Not the “fat-free” kind.)
- 2 Eggs
- 1/2 teaspoon Cinnamon
- 1 Tablespoon Coconut flour (Or substitute Almond flour if you must.)
- A pinch of baking powder
- 1/2 teaspoon approved zero-carb natural sweetener. (Like monk fruit, erythritol, stevia, Truvia etc.)

DIRECTIONS

1. Put eggs in a blender or “magic bullet” type mixer and blend until frothy.
2. Add all remaining ingredients and blend until smooth.
3. Let rest for 2 minutes so bubbles can rise and mostly leave the mixture.
4. Pour 1/3 of the batter into a HOT pan greased with butter or a spray.
5. Cook until golden, flip and cook other side until golden brown as well.
6. Repeat two more times with the rest of the batter.
7. Serve with [Monk fruit Maple Syrup](#) or homemade maple syrup from recipe below
8. Optional toppings include, peanut butter, sugar-free whipping cream or blueberry, cranberry or strawberry compote, or fresh berries



WHIPPED CREAM

Whip together below ingredients until firm. **Don't overbeat.** If you have never made whipped cream before [CLICK HERE](#) to see a quick video of how to do it.

- Either 1 cup VERY COLD **Heavy Whipping Cream** OR 1 can canned **Coconut milk** refrigerated for 24 hours.
- 2 tablespoons powdered Monk fruit confectioners, or powdered Erythritol or powdered Swerve, or a few drops liquid stevia.
- 1/2 teaspoon Vanilla extract or use Almond extract.

If using canned coconut milk you will need to pour off the watery part after you've chilled it in the can for 24 hours in the fridge.

EASY MAPLE SYRUP

- 1/3 cup [Fiber-Yum](#) or [Vita-Fiber](#) prebiotic Syrup
- 1 teaspoon [natural Maple Extract](#)

Stir together the above two ingredients until well blended.