



PREP: 10 min
COOK: 10 min
SERVES: Makes 8
pancakes

Gluten Free Blueberry Pancakes

These sugar free, gluten free, keto-friendly pancakes are perfect for a healthy weekend breakfast. Drizzle with our Sugar Free Maple Flavoured Syrup and enjoy 100% guilt free!

Ingredients

1 cup (100g) whole almond meal
¼ cup (30g) coconut flour
½ cup (125ml) milk of choice (we used almond milk)
3 large eggs
2 tsp Queen Finest Madagascar Pure Vanilla Extract
2 tsp baking powder (gluten free)
Oil or butter, to grease
Queen Sugar Free Maple Flavoured Syrup, to serve
Fresh blueberries, to serve

Method

STEP 1

In a medium bowl whisk together almond flour, coconut flour, eggs, almond milk, vanilla extract, baking powder.

STEP 2

Spoon 1/4 cup of batter onto greased non-stick pan over a low-medium heat. Pancake will be ready to flip once bubble appear and do not close in on themselves.

STEP 3

Top with blueberries and a drizzle of Sugar Free Blueberry Maple Flavoured Syrup to serve.

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