

Knox' Pancakes



prep time
10 minutes



total time
25 minutes



servings
2

Ingredients

- 2 eggs ~ 2 servings of protein, 2/3 servings of fat
- 2 ounces /60 grams of cooked sweet potatoes ~ 2/3 servings of carb
- 30 grams of cashews~ 1 serving of fat
- Cinnamon
- 1 small/100 grams Banana ~ 1 serving of carb
- 1 tbsp coconut oil ~ 1 serving of fat
- Vanilla extract

Instructions

- 1 Add everything to the blender and blend until smooth.
- 2 Blend everything.
- 3 Turn on the pan on medium heat. The key here is to not let the pan get too hot!
- 4 Add a tbsp of coconut oil to pan.
- 5 Pour mixture and cook until golden brown.
- 6 Let cool then enjoy.
- 7 Top with warmed berries or nut butter.



Whole Recipe Breakdown:

2 servings protein
1 2/3 servings carb
2 2/3 servings fat
0 servings veggies