

Feel-Good Paleo Protein Pancakes with Collagen Peptides



Prep Time
7 minutes

Total Time
15 minutes

Servings
2

Allergens

Peanut-free, seafood-free, shellfish-free,
dairy-free, soy-free, gluten-free

Required Equipment

**Mixing bowls, whisk, spatula,
and a skillet**



Nutrition

623 Calories
36g Fat
30g Protein
38g Net Carbs

Ingredients

- ¼ cup blanched almond flour
- ¼ cup coconut flour
- 2 scoops Natural Force Collagen Peptides
- ¼ tsp cinnamondash of sea salt
- 2 eggs (room temp.)
- ¼ cup unsweetened almond milk
- ¼ cup creamy almond butter
- ¼ cup raw honey
- 1 tbsp Natural Force MCT Oil
- ¼ tsp vanilla extract
- Extra coconut oil for greasing pan

Instructions

1. Preheat your pan over low heat with coconut oil.
2. In a mixing bowl, combine almond flour, coconut flour, collagen peptides, cinnamon, and sea salt.
3. In a separate bowl, whisk together eggs, almond milk, almond butter, honey, coconut oil, and vanilla extract.
4. Mix the wet ingredients in with the dry ingredients until smooth and well combined.
5. Pour ¼ cup batter onto coconut oil greased pan over low heat.
6. Once the batter begins to bubble at the top, flip it over and cook for another 2 minutes.
7. Repeat until the batter is done. Serve your paleo protein pancakes and enjoy!