** Almond Meal Pancakes**

***Serves 7 (2 pancakes per serving, makes 14 pancakes total)***

**Ingredients**

3 cups almond meal

1 tbsp finely ground flax seed

½ tsp salt

½ tsp baking soda

3 eggs

¾ cup unsweetened almond milk

2 tbsp extra virgin olive oil

1 tsp almond extract

Topping: 3 ½ cups berries (1/2 cup per serving)

**Directions**

1. If starting with whole almonds: use about 3 ¼ cup whole almonds and grind them into a flour consistency in the food processor to make 3 cups almond meal.
2. Whisk eggs, almond milk, olive oil and almond extract in a bowl.
3. In a spate bowl mix the almond meal, ground flax seed, salt and baking soda.
4. Add wet ingredients to the dry ingredients and mix together.
5. Heat a skillet and coat with cooking spray. Cook pancakes for a few minutes on each side, flipping them over once they bubble and the edges look dry.

**Nutrition**

377 cals, 4g C, 15g P, 32g F

With berry topping: 412 cals, 10g C, 16g P, 32g F