

# Blueberry Almond Flour Pancakes



Children's Hospital  
of Philadelphia®

Culinary Medicine

PREP TIME: 5 MINUTES

YIELDS: 3 PANCAKES (1/2 CUP EACH)

COOK TIME: 10-15 MINUTES

## Ingredients

- 1 1/3 cup almond flour, blanched & finely ground
- 1 teaspoon baking powder
- 2 raw eggs
- 1 tablespoon honey, melted/heated
- ¼ cup milk (any)
- ½ teaspoon vanilla extract
- ½ cup blueberries, chopped
- Butter or nonstick cooking spray to coat pan



## Qualities

- Texture: Soft
- Rating for Scent : 6/10
- Spice Level: 0/10

## Recipe Benefits

- Anti-Nausea
- Gluten Free

## Nutrition Content for 1 Pancake

Calories: 383kcal

Fat: 28.8g

Protein: 17.6g

Carbohydrates: 19.3g

Fiber: 5.2g

Added sugar: 5.8g

Sodium: 207.5mg

## Directions

1. Chop fresh blueberries on a cutting board or in a miniature food processor.
2. In a mixing bowl, combine all ingredients until smooth.
3. Warm & grease a pan over medium heat.
4. Pour pancake batter into pan, creating small or large rounds (keep them on the thicker side though, they are fluffier that way!)
5. Cook pancakes until golden brown, then flip to cook the other side.
6. Repeat process until all batter is cooked.
7. Serve pancakes warm with honey drizzled over top.

## Chef Tips/Adjustments

- Whole milk works best for this recipe, but other milks can be used as well.
- Heating the honey before mixing helps create a smooth textured batter.
- Other fruits or berries can be used in this recipe. If using frozen blueberries, the mixture will have a deeper blue color.
- This recipe can be frozen for future use.
- Spices such as cinnamon, nutmeg, and clove can be added.
- Yogurt can be added to the pancake batter for a creamier, softer pancake.

