

Grab-n-Go Pancake Muffins

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pancake-biscuit-mother-s-day-recipe>

Ingredients:

- 1/4 cup plain yogurt
- 2 tablespoons unsalted butter melted
- 2 tablespoons pure maple syrup
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups blanched almond flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 eggs
- 1 egg whites
- 1/3 cup berries diced fresh

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 80 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 4 grams
8. Sodium: 240 milligrams
9. Sugar: 6 grams

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