



## Almond Pancakes

(Makes 6 large pancakes)

### Ingredients

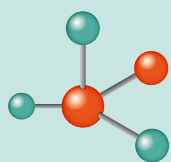
- 100g** almond flour or ground almond
- 1** teaspoon baking powder
- 2** eggs
- 60ml** sparkling water  
(still water can be used but the pancake will be less fluffy)
- 1/4** teaspoon salt
- 1** tablespoon honey
- 1** teaspoon cinnamon
- 1** teaspoon vanilla extract
- Oil** for cooking

### Method

- 1** Heat a non-stick pan to a stable medium temperature.
- 2** Grease with a little oil.
- 3** Meanwhile mix the ingredients together and spoon the mixture in tablespoons into a heavy based pan.
- 4** Once air bubbles begin to rise flip the pancake and cook until golden brown

### Toppings suggestions

Stewed fruit or  
Lemon juice & Sugar



### Sprinkling of science

Almond seeds possess many potentially therapeutic ingredients vital for good health and wellbeing. Much is made of their Vitamin E content, and the antioxidant properties the vitamin confers, but almonds contain many other compounds with potential health benefits. As well as being an energy dense food, almonds are packed with important minerals such as magnesium, essential for hundreds of biochemical reactions occurring in the body as well as regulating nerve and muscle functions and moderating immune function. Scientists have also reported that almonds, and in particular the skin of almonds, might also help ward off viruses such as the Herpes Simplex virus involved in the formation of cold sores.

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