

You Won't Believe It's Not Pancakes



Serves 2

Ingredients:

- 1 1/2 ounces unflavored pork rinds
- 2 eggs
- 1/4 cup heavy cream
- 3 packets low-carb sweetener, such as Splenda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract

Adapted from Duke Lifestyle Medicine Clinic

Instructions:

1. Using a food processor, crumble pork rinds until they resemble bread crumbs. Alternatively, you may crumble pork rinds by placing in a zip-top bag and crushing with a rolling pin. Set aside.
2. Beat eggs well, then mix with remaining ingredients (except pork rinds) and beat again. Add crushed pork rinds to the egg/cream mixture and allow to sit for approximately 5 minutes. The batter will thicken during this time.
3. Meanwhile, heat a skillet or griddle with oil or butter, and when hot, fry batter pancake-style until golden brown on both sides. Serve with sugar-free syrup, butter, and/or additional low-carb sweetener.



Nutrition per serving: Calories 306; Total Fat 23.0 g; Saturated Fat 10.9 g; Monounsaturated Fat 8.4 g; Polyunsaturated Fat 1.9 g; Total Carbohydrates 3.4 g; Dietary Fiber 0.3 g; Sugar Alcohols: 0.0 g; Sugars 2.7 g; Protein 19.9 g; Sodium 460 mg