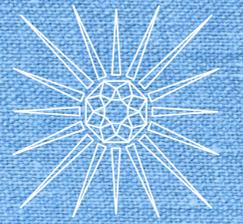




LOW CARB PANCAKE



MANILDRA
GROUP
USA

Breakfast tradition without the guilt

INGREDIENTS

- 123% Water
- 75% Fresh whole eggs
- 532% FiberGem
- 30% GemPro 3300
- 18% Oat Fiber
- 17% Crystalline Allulose
- 17% Vegetable Oil
- 7% Baking Powder
- 1% Salt
- 0.5% Natural Vanilla Flavor
- 0.25% Natural Buttermilk Flavor
- 0.25% Natural Masking Agent

PREP TIME

- Prep | 10 m
- Cook | 10 m
- Ready in | 30 m
- Duration | <1 day

PROCEDURE

01

Preheat and grease griddle to 350F. Blend dry ingredients together in a bowl.

02

Whisk eggs in a separate bowl; add oil and water, then whisk until combined. Add egg mixture to dry blend and whisk until batter is smooth with no lump. Let batter rest for 5 minutes.

03

Measure 1/8 cup of batter and pour onto griddle. Cook for 2 minutes and flip, then cook an additional 2 minutes on other side.

04

Remove pancake from heat and serve immediately.