

# Pancake Bite Muffins

## INGREDIENTS

- 2 tablespoons melted butter
- 1/2 cup unsweetened almond milk
- 2 tablespoons xylitol or preferred sweetener
- 1 teaspoon pure vanilla extract
- 1-1/2 cups almond flour
- 1 teaspoon baking soda
- pinch of salt
- 3 eggs

## PREFERRED TOPPINGS

- fresh blueberries and 3 drops lemon essential oil
- sugar free mini chocolate chips
- cinnamon and strawberries

## INSTRUCTIONS

- Preheat oven to 350F.
- Grease 2 (12-cup) mini muffin pans with cooking spray and set aside.
- In a blender combine butter, almond milk, sweetener, vanilla, almond flour, baking soda, and salt; pulse several times until well blended.
- Add eggs and process for 1 minute, or until batter is thoroughly incorporated.
- Pour the batter into muffin pan.
- Add preferred toppings to each muffin.
- Bake for 13 to 15 minutes, or until a toothpick inserted in the center of the pancake bites comes out clean.
- Cool for 5 minutes. If muffins are sticking to the pan, run a butter knife along the outer edges of the muffins to loosen them. Serve warm or cold.

this recipe was originally found on  
<https://diethood.com/pancake-bites-recipe/>

