

S'mores Pancakes

THM Friendly - S or FP

Make a batch of [KJ's marshmallows](#).

Pancake Ingredients:

- 1/4 cup egg whites
- 1/2 cup almond milk
- 1/3 cup [lupin flour](#)
- 1 Tbsp. [Baking Blend](#)
- 1 tsp. [Super Sweet](#)
- 1/2 tsp. baking powder
- a pinch of [salt](#)
- 1 tsp. avocado oil
- a splash of [vanilla](#)
- 1/4 tsp. [xanthan gum](#)
- a sprinkle of cinnamon - optional
- 1 Tbsp. sugar-free chocolate chips



Mix the pancake ingredients together by hand. Heat up a griddle or pan and spray with olive oil. Spoon the pancake batter onto the pan and cook until golden brown on each side (and cooked through).

Cut up a couple of marshmallows into small pieces. Layer the pancakes with marshmallows and chocolate sauce. I use [RxSugar Chocolate Sauce](#) but you can also use [Handy Chocolate Syrup](#) from the THC page 479. Top with whipped topping, if desired.

This recipe (as written) is an S. If you want to have an FP, leave out the chocolate chips.

Serves one.



enJOY!