

# Jiggle Pancakes

THM-Friendly: S

To a medium bowl, add:

- 3 egg yolks
- 2 tsp. baking powder
- 2 tsp. xanthan gum
- 2 tsp. vanilla
- 1/3 cup half and half
- a pinch of mineral salt
- 2 Tbsp. Baking Blend
- 2 Tbsp. Gentle Sweet

To another medium bowl, add:

- 3 egg whites
- 1/4 cup liquid egg whites
- 1/2 tsp. cream of tartar



Using a hand mixer or stand mixer, beat the egg whites until they are in stiff peaks. Then in the other bowl, beat the egg yolk mixture until fluffy, whipping as much air in as possible.

Start heating your griddle and oil it with a little coconut oil or olive oil.

Gently fold your egg white mixture into the yolk mixture. Try not to deflate the egg whites but mix well.

Scoop out a rounded “pile” of batter onto the griddle. Do three at a time because you will be covering them each time you cook them. As soon as you spoon the batter onto the griddle, add about a tsp. of water right onto the griddle in between the mounds. Set a cover over the top of them.

When they are browned on the first side, flip and brown on the other side. Add another drop of water when you flip them and cover again. (Cook about 4-5 minutes on each side.)

Serve warm with butter and syrup.

enJOY!

