



March Newsletter

Berry Pancake Bites

Macros:
Makes 7 pancake bites
Macros per serving:
Cals per bite: 39 / 5 P / 3 C / 1 F

INGREDIENTS

- 1 scoop Level-1 (I used Vanilla Ice Cream)
- 1 large egg
- 1 tsp coconut flour
- 1 tsp baking powder
- 3 tbl water
- 4 large strawberries, diced
- ¼ cup blueberries

DIRECTIONS

1. In a bowl, whip together the Level-1, egg, coconut flour, baking powder and water until all well combined and smooth.
2. Lightly spray air fryer muffin insert with non stick spray and evenly disperse batter between all 7 wells.
3. Evenly disperse the strawberries and blueberries into all 7 wells.
4. Air fry at 315 degrees for 12-14 minutes or until bites have set all the way through.

These are sweet enough to have on their own, but feel free to top with syrup, whip and/or cinnamon!

You should be able to make these in a normal oven as well. I would suggest trying 325 for about 15 minutes, but cook times could vary. Check with a toothpick and make sure it comes out mostly clean.

