

The Body Nurse

RECIPES

HIGH PROTEIN LOW CARB

Pancakes



♥ SOFT, FLUFFY LOW-CARB PANCAKES
DESIGNED FOR REAL HOME COOKING AND EASY SCALING.

🛒 INGREDIENTS (4 SERVINGS)

- 8 eggs
- 200g cream cheese (softened)
- ¾ cup almond flour (about 75g)
- 6–8 tbsp milk (adjust for consistency)
- 4 tbsp monk fruit sweetener
- 2 tsp baking powder
- 2 tsp vanilla essence
- pinch of salt



👨‍🍳 METHOD

- 1 Add all ingredients to a bowl or blender
- 2 Mix until completely smooth (no lumps)
- 3 Rest batter for 2–3 minutes
- 4 Cook on low–medium heat in a lightly buttered pan
- 5 Spoon small pancakes for best fluffiness
- 6 Cook 2–3 minutes first side, 1–2 minutes second side



🥄 BATTER CONSISTENCY

Should be thick but pourable (like thick cream)

Adjust if needed:

- Too thick → add a splash of milk
- Too runny → add a little almond flour



🍓 TOPPINGS (PER PERSON ≤8g OF SUGAR)



BERRY MAPLE LIGHT

- 40g strawberries (sliced)
- 1 tsp real maple syrup



SUGAR

~6–8g
PER PERSON



VANILLA WHIPPED CREAM BERRY

Whipped Cream
(make once for whole family)

- 250ml thickened cream
- ½ tsp vanilla essence
- 1–2 tsp monk fruit sweetener

Whip to soft peaks.

PER PERSON:

- 40g strawberries
- spoon of whipped cream
- optional ½ tsp maple syrup drizzle



SUGAR

~4–7g
PER PERSON



BANANA SLICE

- ¼ banana per person (sliced)



SUGAR

~5–7g
PER PERSON

📊 PER PERSON MACROS (PANCAKES ONLY)

3–4 small pancakes per person

🔥 CALORIES: ~280–320

🥩 PROTEIN: ~18–22g

💧 FAT: ~20–23g



CARBS: ~4–7g



SUGAR: ~1–2g

👤 SERVING GUIDE



TOTAL YIELD

~12–16
SMALL PANCAKES



SERVES

4
PEOPLE



PORTION

~3–4
PANCAKES
PER PERSON



The Body Nurse Note

I hope you enjoy this one — it's become a real staple in our house.

Simple, filling, and something the whole family will actually eat without complaints.

This is the kind of food that makes consistency easy, and that's where the real results come from!



LOW CARB



HIGH PROTEIN



FAMILY FRIENDLY



EASY TO MAKE