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Yum

# Cinnamon Roll Pancakes (Low carb, Gluten Free)

## Ingredients

### Cinnamon Filling:

1/4 cup butter  
3 tbsp Swerve Sweetener  
1 1/2 tsp ground cinnamon  
Water as needed

### Cream Cheese Topping:

2 ounces cream cheese, softened  
2 tbsp powdered Swerve Sweetener  
2 tbsp heavy whipping cream  
1/4 tsp vanilla extract

### Pancake Batter:

1 cup almond flour  
1/3 cup coconut flour  
1/4 cup vanilla whey protein powder  
1/4 cup Swerve Sweetener  
1 tsp baking powder  
1 tsp cinnamon  
5 large eggs  
1/4 cup oil or melted butter  
3/4 to 1 cup unsweetened almond milk  
Butter or oil for pan

## Instructions

1. **For the filling**, combine butter, sweetener and cinnamon in a small saucepan over medium heat. Bring to just a boil, then remove from heat. It will thicken up as it sits and you can whisk in a tablespoon or two of water and return it to low heat to keep it smooth as you add it to the pancakes.
2. **For the topping**, beat cream cheese with sweetener, whipping cream and vanilla extract until smooth. Spoon filling into a small ziploc baggie and snip just a tiny bit of the corner from the baggie for piping onto finished pancakes. Set aside.
3. **For the pancakes**, whisk together almond flour, coconut flour, whey protein powder, sweetener, baking soda and cinnamon in a large bowl. Add eggs, butter and 3/4 cup almond milk and whisk until smooth. Use remaining almond milk or water to thin out pancake batter, because it will thicken as it sits.
4. Heat a large skillet over medium heat and add oil. Spoon about 3 tbsp pancake batter into hot skillet and spread into 3 or 4 inch circles (don't go any bigger than that or they will be hard to flip). Using a spoon, quickly drizzle cinnamon filling in a spiral onto the top side of each pancake. Cook until small bubbles appear in the top side of the pancake and the bottom is golden brown, about 2 to 3 minutes. Carefully flip pancakes and cook another 1 to 2 minutes, or until bottom is golden brown.
5. Remove and drizzle with cream cheese topping. Repeat with remaining pancakes, filling and

## topping.

Yield: Makes about 12 pancakes. 2 pancakes per serving

Cholesterol: 211mg

Food energy: 392kcal

Total fat: 332.29g

Calories from fat: 290

Carbohydrate: 10g

Protein per serving: 13.98g

Total dietary fiber: 4.92g

Sodium per serving: 223mg

## Notes

\*You may end up with a little extra cinnamon filling. I used it to fill in the swirl-shaped cavities left by the original filling as it cooked on the second side.

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