

Low-Carb Pancakes (Pork Rinds):

(1 serving)

- 2 large eggs
- 1/4 cup heavy cream
- 1/2 of a 3-oz bag of unflavored pork rinds
- 3 packets of Splenda (or other sugar alternative)
- 1/2 teaspoon cinnamon
- 1 dash nutmeg

Crumble pork rinds until they resemble bread crumbs.

In a separate bowl, beat eggs until frothy then add remaining ingredients and continue to beat until well mixed. Add pork rinds to the egg/cream mixture and set aside for 5 minutes to allow batter to thicken.

Cook on a lightly greased skillet as you would any pancake recipe. Drop batter on surface large spoonfuls. Cook until each side is lightly browned.

Serve with butter and a low-carb store bought syrup. Or for an interesting low-carb topping, mix 1 Tablespoon of sugar-free jam with 1 and 1/2 Tablespoons water and microwave for 45 seconds.

For more low-carb recipes try [Mr Breakfast's Low-Carb Breakfast Index](#).

These pork rinds are surprisingly low in fat and have zero carbs. They may sound pretty crazy, but these little pancakes are fantastic!

