

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Almond Pancakes

Prepared by Malaika

- 1 cup almond meal/flour (finely ground)
- 3 eggs
- 1/4 cup almond milk
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1 tsp pure vanilla extract (optional)

Mix together all ingredients and cook as you would any pancake.... use a nonstick pan and a little olive oil; top with sliced bananas.



www.eliteathletic.com • 847.394.8110

Elite Athletic Development North—CrossFit Arlington Heights • 12 W College Dr • Arlington Heights 60004
Elite Athletic Development Downtown—CrossFit Axis • 43 S Dunton Ave • Arlington Heights 60005