

# Instant Pot Pancake Bites

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Makes 14

Blue – 1=1 point, 2=1 point, 3=2 points, 4 = 3 points

Purple – 1=1 point, 2=1 point, 3=2 points, 4 = 3 points

Green – 1=1 point, 2=2 point, 3=3 points, 4 = 4 points

- 1 cup Protein Pancake Mix (Birch Benders, Trader Joes, Kodiak – something that is 9 points per cup)
- 2 eggs
- 1 cup unsweetened almond or cashew milk
- 1 tsp baking powder
- 1 tsp vanilla extract
- blueberries, other fruit

1. In a bowl, mix pancake mix, milk, eggs and baking powder.
2. Divide batter evenly among 14 egg bite molds
3. Pour 1 1/2 cups water in pressure cooker.
4. Place lids on molds and offset stack them in the Instant Pot.
5. Cook on manual high pressure for 14 minutes. Let natural release for 5 minutes, then manual release.

6. Flip over mold and push the top of your thumb into the bottom of the mold to release the pancakes.