



## Dr. Jonie's Cinnamon Banana Pancakes



**Let's Get Thin MD**  
The Dr. Girouard Advantage™

OFFERING MEDICALLY SUPERVISED WEIGHT LOSS PROGRAMS / DIET AND HEALTH TIPS  
RECIPIES AND NUTRITIONAL INFORMATION / ACCESS TO SIGNATURE PRODUCTS



### INGREDIENTS

- 2 oz cream cheese
- 2 eggs
- 1/4 cup almond flour
- 2 teaspoons Nectresse
- 1 1/2 tablespoons whipping cream
- 1/2 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon imitation banana flavor

Combine with a protein shake or add your favorite breakfast meat to get at least 30 grams of protein.

### NECTRESSE™ SWEETENER

**100% natural sweetener made with sweet monk fruit extract. Tastes like sugar with zero calories per serving.**



### INSTRUCTIONS

Mix all ingredients in small to medium size bowl with hand mixer. Batter will have small chunks and could be runny, so take caution pouring it.

Cook on medium heat using non-stick spray or olive oil in skillet or on grill top.

When bubbles form the pancakes are ready to flip; about 1 minute.

Serve plain or with a small amount of butter. For leftovers, cool on a rack and refrigerate in a sealed container. They warm up great in a skillet or microwave.

### SERVING INFORMATION

Makes 6 pancakes (4-6 inches in diameter) each of which has 3.4 grams of protein and 0.4 grams of carbs.

**Overall, our patients lose more than 10,000 pounds per month!**

**We're here to help you reach your goals with 5 great locations in North Carolina to serve you.**

Let's Get Thin MD  
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