

## **Mock French Toast**

1/2 cup finely crushed or ground pork rinds (use rolling pin or mallet, or use blender)

2 eggs

1/4 cup heavy cream

3/4 tsp. liquid stevia (or 1 1/2 tsp granulated stevia, or 3 packets stevia)

1/2 tsp cinnamon

1/2 tsp. vanilla

In a small bowl, beat eggs well. Mix in cream, stevia, vanilla and cinnamon. Blend. Add pork rinds and stir until blended. Let stand 5-10 minutes until "gloppy."

Heat butter and a little oil on a large, nonstick skillet (oil prevents butter from burning). Ladle batter onto skillet to make 4 pancakes. Cook until nicely browned on bottom, flip, and cook other side until nicely browned. Serve with butter and sugar free syrup or spreadable fruit (no sugar added)