

Baked Low-Carb Strawberry & Ricotta Pancakes

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving, 2 pancakes): Total carbs: 9.2 g, Fiber: 3.3 g,

Net carbs: 5.8 g, Protein: 14.2 g, Fat: 20 g, Calories: 277 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 2 large eggs, separated (free range or organic)
- 2 tbsp fine [coconut flour](#) (12g / 0.35 oz) or 2 tbsp shredded, [desiccated coconut](#)
- 1/2 cup ricotta cheese (100g / 3.5 oz)
- 1/2 tsp pure [vanilla bean](#) extract (~ 1 [vanilla bean](#))
- 1 tbsp [extra virgin coconut oil](#) or unsalted butter
- 1/2 tsp [cream of tartar](#)
- 1/4 tsp [baking soda](#)
- 1/2 cup fresh strawberries (70g / 2.5 oz)
- 5-10 drops [liquid Stevia](#) extract (Clear or Berry) or other healthy [low-carb sweetener from this list](#)

Note: These pancakes are great with strawberries but also work with blueberries, raspberries or blackberries. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Separate the egg yolks from the egg whites.
2. In a bowl, mix the egg yolks, vanilla extract, ricotta cheese and stevia.
3. Beat the egg whites until they become thick and form soft peaks. While beating, slowly add the baking soda and cream of tartar.
4. Transfer the egg whites into the bowl with the egg yolk mixture and very gently fold in. Using a sieve, slowly add the coconut flour.
Note: After adding coconut flour, be careful not to deflate the mixture completely.
5. Place the sliced strawberries onto a baking dish lined with parchment paper and greased with coconut oil. *Note: If you only have frozen strawberries, they have to be thawed and the excess juices removed.*

6. Top with the pancake mixture and add more strawberries on top. Spray with coconut oil and place in the oven.
7. Cook for about 15 minutes until slightly browned.
8. Place on a serving plate and serve warm. Enjoy!

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