

Carb-Up Spiced Banana Pancakes

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving, 2 pancakes): Total carbs: 15.6 g, Fiber: 2 g,

Net carbs: 13.6 g, Protein: 9 g, Fat: 22.6 g, Calories: 294 kcal,

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



Ingredients (makes 4 pancakes)

- 2 large eggs
- 1 small ripe banana (100 g/ 3.5 oz)
- 2 tbsp [cashew nuts](#) (16 g/ 0.6 oz)
- 1/4 tsp [cinnamon](#)
- 1/4 tsp ground cloves
- 1 tbsp [extra virgin coconut oil](#) or [ghee](#)
- 3 tbsp sour cream, whipped cream or [coconut cream](#) (45 ml)
- pinch of [cinnamon](#)

Instructions

1. Place the eggs, banana, cashews, cinnamon and cloves in a blender and process until smooth.
2. Heat a greased pan over medium heat. Pour about 1/4 cup (60 ml) of the batter on the pan creating 4 hand-size pancakes and cook until bubbles form on top. Then flip on the other side and cook for a minute.
3. Serve with whipped cream, sour cream or coconut cream and a sprinkle of cinnamon.

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