

Raspberry & Vanilla Pancakes

Hands-on 20 minutes Overall 20 minutes

Nutritional values per serving (3-4 pancakes): Total carbs: 18.8 g, Fiber: 7.2 g,

Net carbs: 11.6 g, Protein: 29.7 g, Fat: 42.5 g, Calories: 585 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (per serving)

Pancakes:

- 2 large eggs (free range or organic)
- 1 tbsp fine coconut flour (or 2 tbsp desiccated coconut)
- 2 tbsp desiccated coconut (unsweetened)
- 1/4 tsp baking soda
- 3 tbsp coconut milk (or full-fat cream)
- 1/2 tsp pure vanilla bean extract (~ 1 vanilla bean)
- 1 tbsp extra virgin coconut oil
- 3-6 drops liquid Stevia extract (I recommend SweetLeaf or NuNaturals) or other healthy low-carb sweetener from this list

Topping:

- 1/2 cup (125g / 4.4 oz) plain organic yogurt (I used 5% fat) or coconut cream
- 1/2 tsp pure vanilla bean extract (~ 1 vanilla bean)
- 1/3 cup (40g / 1.4 oz) fresh raspberries
- 1 tsp desiccated coconut (unsweetened)

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Crack the eggs into a bowl and beat them well with a whisk or fork.
2. In a separate bowl, mix coconut flour, desiccated coconut, vanilla bean extract (I just use seeds from vanilla bean) and baking soda. Add the mixture to the bowl with eggs and spoon in the coconut milk. Mix well.
3. Add the sweetener. Liquid Stevia extract is better than powdered Stevia and doesn't leave a bitter aftertaste if used in moderation. Just be careful, it is still many times sweeter than sugar and you should not use more than a few drops. If you don't like Stevia, use non-GMO Erythritol or "Just Like Sugar" (a natural sweetener that

comes from chicory root).

4. In a small bowl, mix the yogurt with vanilla. Wash the raspberries and place them on a paper towel.
5. Prepare the pan by greasing it with coconut oil and set the cooker on low heat. Pour about half a ladle of the batter on the pan creating hand-size pancakes and cook briefly. When bubbles start to appear on the top of the pancake, flip on the other side and cook for another minute.
6. When done, place on a serving plate creating layers of pancakes, yogurt and raspberries. Sprinkle the top with some coconut and ENJOY!
1. Oils that have high smoke points are suitable for cooking (butter, ghee, coconut oil, macadamia oil, lard, etc.)

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