

# Basic Keto Pancakes

Hands-on 10-15 minutes Overall 10-15 minutes

**Nutritional values (per serving, 2 mini pancakes):** Total carbs: 4.4 g, Fiber: 1.9 g,

**Net carbs: 2.6 g**, Protein: 10.3 g, Fat: 28.1 g, Calories: 308 kcal,

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



## Ingredients (makes 8 mini pancakes, 2-4 servings)

4 large eggs

3/4 cup almond flour (75 g/ 2.6 oz) or 1/3 cup coconut flour (40 g/ 1.4 oz)

1/4 cup coconut oil or ghee, melted (55 g / 2 oz)

1 vanilla bean or 1-2 tsp sugar-free vanilla extract

15-20 drops Stevia extract

2 tbsp granulated Erythritol or Swerve (20 g / 0.7 oz)

1/2 tsp baking soda

1 tsp cream of tartar or lemon juice

these in batches and freeze for up to 6 months.

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## Instructions

1. Crack the eggs into a bowl and beat using a hand whisk and beat with the melted coconut oil or ghee (keep some for greasing the pan). Mix all the dry ingredients: coconut flour or almond flour, Erythritol, baking soda and cream of tartar.
2. Cut the vanilla pod and use the tip of a knife to scrape the tiny seeds from inside the bean pod. Add the vanilla seeds and mix in.
3. Add the dry ingredients - the coconut flour mixture or the almond flour mixture.
4. Mix until well combined. If you're using coconut flour, add a splash of water if too thick.
5. Grease the pan with the remaining coconut oil and using a spoon or ladle, create small pancakes. You can use pancake molds to create perfect shapes. (Photo: Pancake batter using coconut flour.)
6. Cook on low heat for about 5 minutes until the top of the pancake starts to firm up. Then, flip on the other side and cook for another minute. (Photo: Pancake batter using almond flour.)
7. When done take off the heat and enjoy!
8. Try with full-fat yogurt, crème fraîche or soured cream, berries (blackberries are lowest in net carbs) or butter. You can make