

# The Best 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)

- 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

## 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 these in batches and freeze for up to 6 months.

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