

# Easy Keto Blender Pancakes

Hands-on 20 minutes Overall 20 minutes

**Nutritional values (per serving, 2 pancakes):** Total carbs: 8.8 g, Fiber: 5.3 g,

**Net carbs: 3.6 g**, Protein: 12.8 g, Fat: 32.4 g, Calories: 403 kcal,

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



## Ingredients (makes 5 servings, 10 pancakes)

3/4 cup [almond butter](#) or any nut or seed butter (200 g/ 7 oz)

4 large eggs

1/3 cup [coconut milk](#) or unsweetened [almond milk](#) (90 ml/ 3 fl oz)

2 tbsp [Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)

1 tsp [cinnamon](#) or [vanilla powder](#)

1/2 tsp [baking soda](#)

2 tbsp [ghee](#) or [coconut oil](#) for greasing

*Optional:* [sugar-free maple syrup](#) and berries

*Note:* You can [make your own sugar-free maple syrup](#).

## Instructions

1. Place the almond butter, eggs, coconut milk, Erythritol, cinnamon and baking soda into a [food processor](#). If using a hand whisk, make sure the ingredients have reached room temperature for easy whisking.
2. Process until well combined for 5-10 seconds.
3. Heat a large pan greased with ghee or coconut oil. Once hot, use a ladle to pour in the pancake batter (about 1/4 cup per each). Fry over a **low** heat until bubbles start forming on the pancakes.
4. Then, use a spatula to turn the pancake over. Fry for another 30-40 seconds and place on a serving plate. Fry the pancakes in batches and grease the pan as needed with a teaspoon at a time.
5. Optionally, serve with [Homemade Sugar-Free Maple Syrup](#) and berries.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)