

# 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:* berries, whipped cream, and/or sugar-free maple flavored syrup such as Lakanto or Yacon Syrup or any Choc Zero syrups

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## 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.

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