

Fluffy Low-Carb Chocolate Pancakes

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving, 2 mini pancakes): Total carbs: 7.4 g, Fiber: 3.5 g,

Net carbs: 3.9 g, Protein: 11.4 g, Fat: 17.3 g, Calories: 215 kcal,

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



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

1/3 cup + 1 tbsp unsweetened cacao powder (34 g/ 1.2 oz)

1 tsp cream of tartar

1/2 tsp baking soda

1/4 cup powdered Erythritol or Swerve (40 g/ 1.4 oz)

1 tsp cinnamon or 1/2 tsp pure vanilla powder

4 large eggs, room temperature

1/2 cup full-fat ricotta cheese, room temperature (120 g/ 4.2 oz)

2 tbsp ghee or coconut oil for greasing

Instead of Erythritol, you can use other healthy low-carb sweeteners from this list.

Optional toppings (per serving):

Sugar-free maple syrup (you can make your own)

2-4 tbsp full-fat yogurt, whipped cream, sour cream or crème fraîche

2-4 tbsp coconut cream you can make your own

1/2 cup whipped cream

1/4 - 1/2 cup berries

2 tbsp Strawberry & Rhubarb Jam or Dark Cherry Chia Jam

Instructions

1. Mix the dry ingredients: cacao powder, Erythritol, cream of tartar, baking soda and vanilla powder (or cinnamon). *Note: Cream of tartar and baking soda act as leavening agents. This is how it works: To get 2 teaspoons of gluten-free baking powder, you need 1/2 a teaspoon of baking soda and 1 teaspoon of cream of tartar. Instead of this mixture, you can also use gluten and aluminum free baking powder.*
2. Crack the eggs into a bowl, add the ricotta cheese, and beat using a hand whisk.

3. Add the dry ingredients and mix well.
4. Grease a pan with some ghee or coconut oil and once hot, using a spoon or ladle, create small pancakes. You can use pancake molds like these to create perfect shapes.
5. Cook on low-medium heat for about 5 minutes until the top of the pancake starts to firm up and you see bubbles forming on top. Then, remove the pancake mold (if used), and flip on the other side. Cook for another minute just to crisp up. Repeat for the remaining pancakes and grease the pan as needed.
6. Enjoy with your preferred toppings or let them cool down and place in the fridge in an airtight container for up to 5 days - or freeze for up to 3 months. You can optionally serve the pancakes with full-fat yogurt, sour cream, berries and sugar-free syrup. Apart from sugar-free maple syrup, you can make any flavours you like. I made cherry syrup using Sukrin Clear syrup and cherry extract.

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