

Keto Chocolate Pancake Cereal

Hands-on 10 minutes Overall 15 minutes



Nutritional values (per serving, about 1 cup/ 50 g/ 1.8 oz): Total carbs: 9.5 g, Fiber: 5.3 g,

Net carbs: 4.1 g, Protein: 10.1 g, Fat: 20.6 g, Calories: 248 kcal,

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

Ingredients (makes 4 servings)

1/4 cup [coconut flour](#) (30 g/ 1.1 oz)

1/2 cup [cacao powder](#) or [Dutch process cocoa powder](#) (43 g/ 1.5 oz)

1/2 tsp [gluten-free baking powder](#)

Optional: 2-4 tbsp granulated [Erythritol](#) or [Swerve](#)

1/4 cup unsweetened coconut yogurt or full-fat yogurt (60 ml/ 2 fl oz)

3 tbsp melted virgin [coconut oil](#), divided (45 ml)

4 large eggs

Optional: chopped [dark chocolate](#), [sugar-free maple flavored syrup](#), berries, butter, [almond butter](#), whipped cream, [almond milk](#) or [Keto Condensed Milk](#) to serve

[Keto Condensed Milk](#).

9. Store, in a covered container, in the pantry for up to 5 days.

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](#)

Instructions

1. Weigh and measure all the ingredients.
2. Place all of the dry ingredients into a large mixing bowl and whisk to combine and remove any lumps.
3. Combine the yogurt with 1 tablespoon (15 ml) coconut oil and eggs in a second bowl and then pour them into the dry ingredients.
4. Mix well until the batter is smooth.
5. Pour the batter into a piping bottle. (If you don't have a piping bottle, you can use an empty syrup squeeze bottle.)
6. Heat a frying pan to medium high heat and grease with a teaspoon of the remaining coconut oil, or use coconut oil spray. (Less for a non stick pan, more to grease a cast iron skillet.)
7. Pipe the pancakes into small circles, approx. 2 cm (3/4") across. Cook them for only about a minute before flipping. Grease more between batches.
8. The cook time will depend on your pan, just check them at the beginning to get a feel for how long they take to cook. Serve with any toppings: chopped dark chocolate, almond butter, yogurt or