

Keto Lemon Soufflé & Berry Pancake

Hands-on 15 minutes Overall 15 minutes



Nutritional values (per serving, pancake + berry sauce): Total carbs: 11.4 g, Fiber: 4.7 g,

Net carbs: 6.6 g, Protein: 22.2 g, Fat: 22.2 g, Calories: 344 kcal,

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

Ingredients

Berry sauce (makes 4 servings, about 1 1/4 cup):

- 1/2 cup blackberries, fresh or frozen (75 g / 2.6 oz)
- 1/2 cup wild blueberries, fresh or frozen (75 g / 2.6 oz)
- 3 tbsp water
- 2 tbsp powdered Erythritol or Swerve (20 g / 0.7 oz) or 5-10 drops Stevia extract (I like NuNaturals or SweetLeaf)
- 1/4 tsp vanilla powder or 1 tsp sugar-free vanilla extract (you can make your own)
- 1 tbsp fresh lemon juice
- 2 tsp ground chia seeds or 1 tbsp whole chia seeds

Pancake (makes 1 serving, 1 pancake):

- 3 large eggs, separated
- 1/4 tsp cream of tartar or apple cider vinegar
- 2 tbsp powdered Erythritol or Swerve (20 g / 0.7 oz) or 5-10 drops Stevia extract (I like NuNaturals)
- 1/2 tsp fresh lemon zest
- 2 tbsp coconut flour (16 g / 0.5 oz)
- 1 tsp ghee or coconut oil
- Optional:* serve with full-fat yogurt, sour cream or creamed coconut milk

Instructions

1. Start by preparing the berry sauce. Place the blackberries and blueberries in a saucepan. Add water, Erythritol, vanilla powder and lemon juice. Cook over a medium heat until the berries start to soften. Take off the heat and mix in the ground or whole chia seeds.
2. Let it sit for 10-15 minutes to thicken. Meanwhile, prepare the pancake. Set the oven to broil at 200 °C/ 400 °F. Separate the egg whites from the egg yolks. Using a fork, mix the egg yolks.

3. Start beating the egg whites on medium-low speed. Continue for about 2 minutes until the whites become foamy. Then, add the cream of tartar (or apple cider vinegar). Add powdered Erythritol, a tablespoon at a time. Keep beating until the egg whites create soft peaks.
4. Add the lemon zest and egg yolks and gently fold into the egg whites using a silicon spatula.
5. Sift in the coconut flour and slowly combine with the egg mixture without deflating the egg whites.
6. Spread the pancake batter in a hot skillet greased with ghee (I used an 8-inch skillet). Cook on low heat for about 5 minutes until the bottom of the pancake starts to brown. Remove from the burner and place in the oven under the broiler for 3-5 minutes or until lightly browned.
7. Serve with the berry sauce on top. Reserve the remaining berry sauce for more pancakes - store in an airtight container for up to a week. *Tip: Instead of the berry sauce, you can try Sugar-free Amarenata (just skip the lemon zest in the pancake and use vanilla extract instead).*

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