

# Keto Pancake Cereal - The Ultimate Guide

Hands-on 20-25 minutes Overall 20-25 minutes



**Nutritional values (per serving, about 1 cup/ 50 g/ 1.8 oz):** Total carbs: 6.3 g, Fiber: 2.6 g,

**Net carbs: 3.6 g,** Protein: 11.6 g, Fat: 38.1 g, Calories: 406 kcal,

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

## Ingredients (makes 4 servings)

- 4 large eggs
- 1/4 cup melted virgin [coconut oil](#) or [ghee](#) (60 ml/ 2 fl oz)
- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 4 tbsp granulated [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 1/2 tsp [cinnamon](#)
- 2 tsp [gluten-free baking powder](#)
- 2 tbsp virgin [coconut oil](#) or [ghee](#), or as needed for cooking (30 ml)
- Optional:* [dark chocolate chips](#), [sugar-free maple flavored syrup](#), berries, butter, whipped cream or [almond milk](#)

## Instructions

1. Whisk the eggs with melted coconut oil.
2. In another bowl, combine the dry ingredients: almond flour, sweetener, cinnamon and baking powder. Add them to the whisked eggs.
3. Whisk all the ingredients together until smooth and creamy.
4. Transfer the batter in a squeeze bottle or a piping bag with a small piping tip. (If you're using the coconut flour tips instead of almond flour for nut-free, the batter will be thicker and it's easier if you just use a small spoon.)
5. Grease a large non stick skillet or a well seasoned cast iron skillet with about a teaspoon of coconut oil. Heat over a medium-high heat.
6. Once preheated (you can test that by adding a small amount of the pancake batter into the pan), lower the heat to medium-low. (You need to lower the heat so the pancakes cook evenly without burning.)
7. Use the squeeze bottle to pipe small amounts of the batter all over the skillet (each no more than 1 inch/ 2.5 cm but ideally less). It's best if you start in one section of the skillet so it's easy to flip the pancakes that cook first. Cook for about about 2 minutes.
8. The pancakes are ready to flip when the edges are set and the pancakes turns lightly golden and bubbly on top. Cook for another 1 to 2 minutes. If they are too soft to flip, wait for another 30 to 60 seconds.
9. Transfer to a plate and keep warm. Repeat for the remaining pancakes and grease the skillet with more oil as needed.
10. Pancake cereal is best served warm. It will take some time to do the whole batch so keep the cooked pancakes in the oven preheated to the lowest temperature setting. You can serve the pancake cereal with nut or seed milk, yogurt or whipped cream.
11. Feel free to add some butter and sugar-free maple flavoured syrup on top. You can also serve it with berries, chocolate chips or more cinnamon.
12. To store, place in a jar, seal and keep in the fridge for up to 5 days. This pancake cereal can also be frozen for up to 3 months.

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