

5 KETO PANCAKE RECIPES

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Pancakes & Blueberry Cream

Ingredients:

- 4 large eggs.
- 1 cup thick whipping cream.
- 7 oz cottage cheese.
- 2 oz coconut oil.
- 2 oz blueberries (fresh).
- 1 tbsp psyllium husk (powder).

Instructions:

- In a large bowl, mix together eggs, psyllium husk and cottage cheese. Mix well then set aside to thicken.
- When thickened, shape into medium sized pancakes. Heat oil in a large frying pan and fry pancakes 3-4 minutes on both sides.
- In a bowl, mix together cream and blueberries until soft peaks begin to form.
- Serve pancakes with cream on top.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 41g
Carbohydrates: 4g
Protein: 14g
Calories: 424

Fluffy Buttery Pancakes

Ingredients:

- 4 large eggs.
- 2 cups almond flour.
- ¼ cup water.
- 8 tbsp butter (melted).
- 2 tbsp stevia.
- 1 tbsp coconut oil.
- 1 tsp baking powder.
- 1 tsp vanilla extract.

Instructions:

- Blend all ingredients in a blender until well combined. Allow to rest for 10 minutes.
- In a large frying pan on low/medium heat, pour in ⅓ cup of batter mixture.
- Fry for 2-3 minutes on each side. Repeat until all batter has gone.

Nutritional Information:

Total servings - 10

Per serving:

Fat: 25g
Carbohydrates: 4g
Protein: 7g
Calories: 269

Maple Syrup Perfect Pancake

Ingredients:

- 1 egg.
- ½ cup almond flour.
- 2 ½ tbsp keto maple syrup.
- ½ tbsp butter (melted).
- ½ tsp baking powder.
- ¼ tsp vanilla extract.

Instructions:

- Mix together egg and vanilla extract; stir in almond flour and baking powder until well combined.
- Lightly grease an 8" microwave-safe flat dish and pour in batter mixture.
- Cook in the microwave for 40-45 seconds.
- Serve with butter and maple syrup.

Nutritional Information:

Total servings - 1

Per serving:

Fat: 22g
Carbohydrates: 5g
Protein: 10g
Calories: 241

Beautiful Bacon Pancakes

Ingredients:

- 6 bacon slices (chopped).
- 3 large eggs.
- ¼ cup almond butter.
- 2 tbsp butter (melted).

Instructions:

- In a large bowl, mix together eggs, almond butter and butter until well combined.
- In a large frying pan, fry the bacon until crispy and remove from the pan. Leave bacon juices in the pan.
- Add the bacon to the egg mixture; spoon 2 large spoonfuls into the pan to make one pancake. Cook for 3-4 minutes on each side.
- Repeat until there is no remaining batter mixture.

Nutritional Information:

Total servings - 2

Per serving: (2 pancakes)

Fat: 63g
Carbohydrates: 7g
Protein: 24g
Calories: 660

Almond & Vanilla Pancakes

Ingredients:

- 1 large egg.
- 1 ½ cups almond flour.
- 1 cup almond milk.
- 1 tbsp coconut oil.
- 1 tbsp stevia.
- 2 tsp baking powder.
- 1 tsp vanilla extract.

Instructions:

- Preheat oven at 175 degrees.
- Melt coconut oil in the microwave.
- In a large bowl, mix together almond milk, egg, vanilla and coconut oil.
- Blend in the almond flour, stevia and baking powder.
- Line a baking tray with greaseproof paper and spoon out 8 mini pancakes.
- Bake for 14-15 minutes.

Nutritional Information:

Total servings - 8

Per serving: (1 pancake)

Fat: 14g
Carbohydrates: 1g
Protein: 5g
Calories: 155