



## Easy Low Carb Coconut Flour Pancakes

These pancakes are ideal if you are on a keto diet and are a delicious coconut flour pancake recipe. They work with sweet and savoury toppings. Only 1.6g net carbs per serving of 2 pancakes.

**Serves: 2, Prep time: 00:03, Cook time: 00:12**

### Instructions

1. Beat the eggs with a balloon whisk or with an electric mixer until frothy. Add the rest of the ingredients and beat until you have a smooth batter. Let the batter sit for a couple of minutes so the coconut flour can absorb the liquids
2. Melt butter or coconut oil in a skillet or non stick frying pan over a low heat. Use 2 tbsp of batter for 1 pancake and spread out using the back of the spoon. Two to three pancakes per pan. Pancakes should be approximately 4 inch / 10 cm in diameter.
3. Fry the pancakes on low heat until bubbles form on the top, about 3 minutes. Don't move them during this time. Then flip and cook for a further

### Ingredients

- 38 grams Flour, coconut (1.5 oz)
- 3 Eggs
- 2 tablespoon Coconut oil, or butter
- 6 tablespoon Almond Milk, unsweetened, or coconut milk
- 1 teaspoon Baking Powder
- 1 teaspoon Vanilla extract
- 1 tablespoon Stevia, powdered
- 1 teaspoon Butter, for frying

minute. Please don't be tempted to rush this and increase the heat or you risk burning them.

4. Repeat until all batter is used up. The mix makes 8 pancakes.

Serve with berries, Greek yogurt or mushrooms and spinach for a savory option.

Notes:

The mix makes 8 pancakes. 2 pancakes per serving.

Net carbs: 1.6g per 2 pancakes / 1 serving.

The additional butter / coconut oil for frying is not included in the nutrition calculation.

These pancakes are small - about 10 cm or 4 inches in diameter. The size makes them easier to flip. It also means you can re-heat them in the toaster!

Store in the fridge for 4-5 days or freeze for up to 3 months.

For best results, measure with a food scale.

Coconut flour brands can differ in texture. If your batter is too thick, add another splash of nut milk. If it's too thin, add a sprinkle of coconut flour. The batter should not be pourable. You'll need to spoon it into the pan and spread slightly.&nbsp; &nbsp;

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