AMERICAN · BREAKFAST

# Keto Almond Flour Pancakes

20 min · Serves 4 · 295 kcal a serve · Video 6:39 · HK's Keto & Low Carb Recipes

Vegetarian · Gluten-free ingredients

Each pancake has under 4 g net carbs and no grain flour or sugar; the almond flour, eggs and cream cheese give about 10 g protein, nearly half a day of vitamin E and some magnesium.

**Diet notes:** Keto (3.7 g net carbs a serve).

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## Ingredients 12 · SERVES 4

- [ ] 1¾ oz **cream cheese**, softened
- [ ] 3½ tbsp **heavy whipping cream**
- [ ] 1 tsp **vanilla extract**
- [ ] 2 **eggs**
- [ ] 2–3 drops **liquid stevia**
- [ ] 3½ oz **almond flour** (2½ oz, plus 1 oz more if the batter is thin)
- [ ] ½ tsp **baking powder**
- [ ] a pinch of **salt**
- [ ] some **pumpkin spice mix** (about ½ tsp), or cinnamon
- [ ] a little **olive oil spray**, for the pan
- [ ] a knob of **butter**, to serve (optional)
- [ ] **sugar-free maple-flavoured syrup** (monk fruit), to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Warm the cream cheese for about 30 seconds in the microwave until soft, then whisk in the cream until smooth. 1:06
2. Whisk in the vanilla, eggs and stevia. 1:36
3. Add 2½ oz almond flour, the baking powder, salt and spice and whisk well. If the batter is thin, whisk in another 1 oz almond flour. 1:55
4. Lightly spray a non-stick pan with olive oil over medium heat (butter, ghee or coconut oil also work). Pour in rounds of batter, cover with a lid and cook 3–4 minutes until set underneath. 2:38
5. Flip and cook about 2 minutes more. Repeat with the rest of the batter and serve with a little butter and sugar-free syrup if you like. 3:15

> **Tip** Makes 4 pancakes, one a serve (the cook's recipe card). Store-bought fine almond flour gives smoother pancakes than home-ground almonds, as the cook says.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 295 kcal | 9.5 g | 6.9 g |
| 1,230 kJ | 19% of a day | 3.7 g net · 2.3 g sugars |
| | | 3% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 3.2 g | 26 g | 180 mg |
| 11% of a day | 8.4 g saturated | 8% of a day |
| | 34% of a day | |

**Energy from** net carbs 5% · protein 13% · fat 82% — fits keto: 3.7 g net carbs, 82% of the energy from fat

**High in** (20%+ of a day) Vitamin E 47%

**Source of** (10–19%) Selenium 19% · Magnesium 17% · Vitamin A 16% · Vitamin B12 14% · Zinc 10%

**Recipe and video:** HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=-d0jpeJsre0, published 8 November 2018. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/hk-keto-almond-flour-pancakes