AMERICAN · BREAKFAST

Two-Ingredient Cream Cheese Pancakes

15 min · Makes 2 × 4 pancakes · 416 kcal a portion · Video 4:12 · Low Carb Love

Vegetarian · Gluten-free ingredients · No nuts listed

Just eggs and cream cheese: about 3 g net carbs and 16 g protein a serve, with no flour or sugar, and rich in selenium, vitamin B12 and vitamin A from the eggs and cheese.

Diet notes: Carnivore if you leave out the granulated sweetener and sugar-free maple syrup; Keto (3.4 g net carbs a serve).

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Ingredients 6 · MAKES 2 × 4 PANCAKES

- [ ] 4 **eggs**, at room temperature
- [ ] 113 g **cream cheese**, softened
- [ ] 1 tbsp **granulated sweetener** (optional)
- [ ] a little **butter or avocado oil** for the griddle (about 1 tsp)
- [ ] **butter**, to serve (about 1 tbsp)
- [ ] **sugar-free maple syrup**, to serve (optional, about 2 tbsp)

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

Allergens found in the listed ingredients: Egg, Milk. 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. Have the eggs and cream cheese at room temperature so the batter blends smooth, with no lumps of cheese. 0:36
2. Blend the eggs, cream cheese and sweetener (if using) on high for 1–2 minutes until completely smooth. The batter is thinner than ordinary pancake batter. 0:48
3. Heat a griddle or non-stick pan over medium-low heat and grease it lightly with butter or avocado oil. 1:34
4. Pour in small rounds (the batch makes about 8 regular or 12 silver-dollar pancakes) and cook about 1 minute a side, flipping gently once the edges have set — they are delicate. 1:45
5. Stack them and top with a pat of butter and a drizzle of sugar-free maple syrup. 2:12

> **Tip** Serves 2 as 4 pancakes each (our estimate); the cook's card gives about 85 kcal a pancake before toppings. Add cinnamon or vanilla, or fill them like crêpes. Fibre-and-monk-fruit syrups add almost no net carbs; real maple does.

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

One portion (4 pancakes) gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
416 kcal	16 g	3.4 g	0 g	38 g	310 mg
1,740 kJ	32% of a day	3.4 g net · 2.9 g sugars	0% of a day	19 g saturated	13% of a day
		1% of a day		48% of a day	

Energy from net carbs 3% · protein 15% · fat 82% — fits keto: 3.4 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Selenium 65% · Vitamin B12 51% · Vitamin A 43%

Source of (10–19%) Omega-3 17% · Zinc 13% · Vitamin D 13% · Vitamin E 12% · Folate 12%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=usS3VNq888Y, published 1 May 2022. 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/two-ingredient-cream-cheese-pancakes