



## Keto Pancakes

Yum

Votes: 8

Rating: 4.38

You:

Inspired by the pancakes made by BoJack Horseman on Netflix.

Course [Breakfast, Dessert](#)

Cuisine [American, General](#)

Keto Recipes [Keto Breakfast, Keto Desserts](#)

Servings

3 SERVINGS

Prep Time

5 MINUTES

Cook Time

10 MINUTES

### Ingredients

#### Almond Flour Pancakes

- 50 grams [Almond Flour I use this](#)
- 50 grams [Heavy Whipping Cream](#)
- 1 [Egg](#)
- 1 Tbsp [Maple Flavoured Syrup \(Keto Friendly\) I use this](#)
- 1/2 Tsp [Vanilla Extract I use this](#)
- 1/2 Tsp [Baking Powder I use this](#)
- [Lily's Chocolate Chips I use this](#)
- a pinch of salt

#### Coconut Flour Pancakes

- 15 grams [Coconut Flour I use this](#)
- 30 grams [Heavy Whipping Cream](#)
- 1 [Egg](#)
- 1 Tbsp [Maple Flavoured Syrup \(Keto Friendly\) I use this](#)
- 1/2 Tsp [Baking Powder I use this](#)
- 1/2 Tsp [Vanilla Extract I use this](#)
- a pinch of salt
- [Lily's Chocolate Chips I use this](#)

Servings:  servings

Units:

### Instructions

1. The method of making both pancakes is pretty much the same. Mix all the ingredients in a bowl. I would recommend sifting your coconut flour and even almond flour if you can. Either add all dry ingredients first to the bowl and then the wet ones or add the wet ones first, give it a good mix and then add the dry ones and mix again. Now honestly either way is fine.

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2. Now cook the pancakes in some butter or olive oil/avocado oil in a frying pan. Once the butter melts pour in a ladle of the pancake batter, keep the heat on low/medium. Once you pour the batter sprinkle the chocolate chips on top and cover and cook with a lid for like 2 minutes and then you can flip the pancake over and cook for about 30-45 seconds before removing.
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3. You can mix the chocolate chips in with the batter but from my own trials I much preferred adding them later. Either way it's your choice. Cook all the pancakes and serve with butter and Keto friendly syrup. Enjoy!