

FLUFFY COCONUT KETO PANCAKES

Light, fluffy coconut flour pancakes with only 3g net carbs each



INSTRUCTIONS

1. Whip the egg whites

- 5 eggs, separated

In a medium bowl, whisk the egg whites until stiff peaks form. Set aside.

2. Mix the batter base

- 4 Tbsp coconut flour
- 4 Tbsp monk fruit/allulose sweetener
- 1 tsp baking powder

In a large bowl, mix the egg yolks, coconut flour, sweetener, and baking powder until combined.

3. Add the wet ingredients

- 9 Tbsp butter, melted
- 3 Tbsp coconut milk
- 2 tsp vanilla extract

Slowly pour in the melted butter, mixing to keep the batter smooth. Add the coconut milk and vanilla extract and mix again.

4. Fold and cook

Gently fold spoonfuls of the whipped egg whites into the yolk batter, being careful not to overmix, so the pancakes stay light and fluffy. Heat a lightly greased skillet or griddle over medium heat. Pour small rounds of batter onto the skillet and cook until bubbles form on top and the edges look set, 2 to 3 minutes. Flip and cook 1 to 2 minutes more, until golden. Repeat with the remaining batter.

NUTRITION (per pancake, makes 5)

- Calories: 277
- Total Fat: 26g
- Total Carbs: 5g
- Fiber: 2g
- Net Carbs: 3g
- Protein: 7g

STORAGE

Freeze in an airtight container with parchment between layers. Reheat in the toaster or a low oven.

OPTIONAL SUGAR-FREE MAPLE SYRUP

A quick, zero-sugar maple syrup to go with your pancakes

INSTRUCTIONS

1. Bloom the thickener

- 1/2 cup hot water
- 1 tsp xanthan gum

In a small bowl, whisk together the hot water and xanthan gum. Set aside to thicken while you make the syrup base.

2. Make the syrup base

- 1 1/2 cups hot water
- 1 cup monk fruit/allulose sweetener
- 1/4 tsp salt
- 1 to 2 Tbsp maple extract

In a saucepan over high heat, combine the water, sweetener, and salt. Bring to a simmer, stirring occasionally, until the sweetener is fully dissolved. Remove from heat and stir in the maple extract.

3. Thicken and store

Whisk the xanthan gum mixture into the hot syrup until fully dissolved and smooth. Pour into a glass jar or bottle and let cool to room temperature before covering and refrigerating.

NUTRITION (per tablespoon, makes about 32 Tbsp)

Estimated

- Calories: 5
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g

STORAGE

Store in an airtight jar at room temperature for up to 4 weeks, or in the fridge for up to 6 months. Not recommended for freezing, since it can crystallize and turn grainy.



Recipe created by Mind-Body Functional Health.
Visit our website at www.mindbodyfunctionalhealth.com or scan the QR code