

# Keto Blueberry Pancakes (2 ways)

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♥ [lowcarblove.com/blog/keto-blueberry-pancakes](https://lowcarblove.com/blog/keto-blueberry-pancakes)

July 25, 2021



Servings: 4-6

## Blueberry Pancakes (Almond)

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### Ingredients:

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- 1 cup almond flour
- ½ tablespoon avocado oil
- 3 eggs room temp
- 1 tablespoon vanilla extract
- ½ teaspoon baking powder
- 2 tablespoon sweetener
- pinch of salt
- ¼ cup of fresh blueberries
- 4 tablespoon butter, melted
- 2 to 4 tablespoons almond milk

## Blueberry Pancakes (Coconut)

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## Ingredients:

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- ½ cup coconut flour
- 2 teaspoon baking powder
- 4 eggs
- ¼ cups of blueberries
- ½ cup almond milk
- 3 Tablespoon sweetener
- 1 tablespoon vanilla
- 3 tablespoon of butter

## Directions:

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1. Mix wet to dry ingredients in a bowl.
2. Let batter rest 5 minutes before cooking.
3. Set a griddle (or nonstick skillet) to MED LOW heat.
4. Use a measuring cup or ice cream scoop.
5. Cook on each side for 2 to 3 minutes or until golden brown
6. Can cover with top to help steam coconut pancakes.
7. Serve and enjoy with your favorite sugar free syrup!

## Nutrition:

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Nutrition per serving (Almond):

- 3g Net Carbs
- 3g Fiber
- 6g Total Carbs
- 12g Protein

- 32g Fat
- 364 Calories

Nutrition per serving (Coconut):

- 4g Total
- 5g Fiber
- 9g Total Carbs
- 8g Protein
- 16g Fat
- 215 Calories