

5g ⌚ 40 m | Medium

Keto cauliflower hash browns

These rich, buttery, keto pancakes totally wow hash brown fans. They're delicious by themselves, with a dollop of sour cream and a salad, or served with protein-rich fried eggs and crispy bacon.



4 Servings

Ingredients

1 lb cauliflower
3 eggs
½ (2 oz.) yellow onion,
grated
1 tsp salt
2 pinches pepper
4 oz. butter, for frying

Instructions

- 1 Rinse, trim and grate the cauliflower using a food processor, or grater.
- 2 Add cauliflower to a large bowl. Add remaining ingredients and mix. Set aside for 5–10 minutes.
- 3 Preheat the oven on low heat. In a large, non-stick skillet over medium heat, melt a generous amount of the butter.
- 4 Place 3–4 scoops (1 scoop, per pancake) of the grated cauliflower mixture in the frying pan, and flatten them carefully until they measure about 3–4 inches (7.6–10 cm) in diameter.
- 5 Fry for 4–5 minutes per side, or until lightly browned. Transfer the first batches of pancakes to a baking dish, and place in the oven to keep warm, while making more batches. Add butter to the skillet when needed, and adjust the heat to prevent burning. (Remember — patience is a virtue — if you flip the pancakes too soon they may fall apart!)

Tip

Feel free to bump up the protein by serving these with two fried eggs and a few slices of Canadian bacon.