

4g ⌚ 20 m | Easy

Keto pancakes with berries and whipped cream

Try these incredible keto cottage cheese pancakes and you'll never go back to regular flapjacks! Our berry topping gives them just the right amount of sweetness and the kids will love them too!



4 Servings

Ingredients

Pancakes

4 eggs

7 oz. (1 cup) cottage cheese

1 tbsp ground psyllium husk powder

2 oz. butter or coconut oil, for frying

Toppings

2 oz. (7⅓ tbsp) fresh raspberries or fresh blueberries or fresh strawberries

1 cup heavy whipping cream

Instructions

- 1 Add eggs, cottage cheese, and psyllium husk to a medium-sized bowl and mix together. Let sit for 5-10 minutes to thicken up a bit.
- 2 Heat the butter, or oil, in a non-stick skillet over medium-low heat. Fry the pancakes for 3–4 minutes per side. Don't make them too big or they will be hard to flip.
- 3 Add cream to a separate bowl and whip until soft peaks form.
- 4 Serve the pancakes with the whipped cream and berries of your choice.

Tip

If you want a really fluffy pancake, and don't mind spending a few more minutes making them, you can separate the eggs. Use the egg yolks as the instructions say, but whip up the egg whites in a separate bowl. Add the egg whites to the batter, carefully folding them in so that the air you whipped into them doesn't get knocked out.

Serving suggestions

These pancakes make a great snack served cold. Wrap up a few and bring them to work with you.

If you feel like serving them with something other than berries and whipped cream, we suggest trying our raspberry jam, butter cream or hazelnut spread.

Storing and reheating

These pancakes taste best when freshly made, but keep well in the fridge for two to three days. You can also store them in the freezer for up to three months.

If you want to store them stacked on top of each other, place a piece of parchment paper between each pancake or they'll stick together.

The best way to reheat the pancakes is to melt a small knob of butter in a pan over medium heat and heat the pancakes in it. It only takes about 30 seconds on each side to heat them.