

Low Carb Wheat-Free Pancakes Two Ways

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First version:

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- 150g cream cheese
- 4 eggs
- 2Tbsp coconut flour
- 1Tbsp shredded coconut (optional)
- 1 tsp cinnamon

Mix well with a fork or a stick blender till evenly smooth. If using a blender, let the batter sit for 2-3 minutes before cooking. Put a pan on medium-high heat, add some coconut oil or butter. Cook for about two minutes on one side, flip and cook for 30-40 seconds. Done! This quantity will give you 4-6 pancakes depending on a size. I pour two to three mounds on a 12-inch pan.

Second version:

- 150g cream cheese
- 4 eggs
- 6 Tbsp buckwheat flour
- 1Tbsp shredded coconut (optional)
- 1 tsp cinnamon

Cooking method is the same. You will get 8 to 12 pancakes. Their texture will be grittier, and the taste will have nice earthy undertone characteristic for a buckwheat flour. I prefer to top the first version with berries and second with sour cream. Images show ingredients and the pancakes for the second version; finished, the first look a little smoother.
