



Birthday Cake Pancakes

These festive pancakes are a great pancake lover's alternative to classic birthday cake. Although this dessert may look like it's loaded with carbs, it actually has only 5.5g net carbs for the whole recipe. Made with a handful of simple ingredients and ready in 15 minutes, this recipe is also perfect as a breakfast staple – no need to wait for your birthday to enjoy this festive sweet.

Preparation time: 5 minutes

Cooking time: 10 minutes

Serves: 1

Ingredients:

- 1 scoop [Kiss My Keto - Keto Protein Birthday Cake](#)
- 1/3 cup almond flour
- 1 large egg
- 1 large egg yolk
- 1 tsp baking powder
- 2 tbsp sparkling water

Topping:

- 2 tbsp [Kiss My Keto - Keto Protein Birthday Cake](#)
- 3 tbsp Greek yogurt

Instructions:

1. Add all ingredients to a blender.
2. Blend on high speed until you get a smooth batter.
3. Place a large skillet over medium-high heat and grease with the coconut oil.
4. Drop a rounded tablespoon of the batter into the skillet.
5. Fry pancakes for approximately 1 minute per side.
6. Make the topping by combining the Greek yogurt and protein powder in a bowl. Place aside until ready to use.
7. Stack the pancakes and cover with prepared topping.
8. Sprinkle with sugar-free chocolate shavings or sprinkles.
9. Serve warm.

Calories	309
Total Fat 14.5g	
Saturated Fat 4g	
Cholesterol 397mg	
Sodium 316mg	
Total Carbohydrate 6.6g	
Dietary Fiber 1.1g	
Total Sugars 1.7g	
Protein 39g	

Tips and Tricks

- Grease the skillet with a thin layer of coconut oil in-between each pancake.
- The pancakes should be no more than 4 inches in diameter for easy handling. Large pancakes tend to break when flipped.
- Another thing to keep in mind is to use finely ground almond flour for fluffy and soft pancakes; however, plain almond flour will also do.
- When are the pancakes ready to flip? Look for bubbles forming on top and flip when the edges start to cook a bit.