

- Prep Time: 10 Minutes
 - Cook Time: 15 Minutes
 - Total Time: 25 Minutes
 - Servings: 4 (Approx. 8-10 small pancakes)
 - Calories: 310 kcal per serving
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Ingredients

To achieve the perfect texture—fluffy on the inside, golden on the outside—it is crucial to use the right balance of dry and wet ingredients. Almond flour provides structure, while coconut flour acts as a sponge to soak up the moisture from the pumpkin.

The Dry Mix

- 1/2 Cup Blanched Almond Flour: Make sure it is finely ground and blanched (skinless) for the best texture.
- 1/4 Cup Coconut Flour: This is highly absorbent; do not substitute with more almond flour or the batter will be too runny.
- 1/2 tsp Baking Powder: Essential for lift.
- 1/2 tsp Baking Soda: Helps neutralize the acids and adds to the fluffiness.
- 1 1/2 tsp Pumpkin Pie Spice: A blend of cinnamon, ginger, nutmeg, and cloves.
- 1/4 tsp Sea Salt: Enhances the flavor profile.

The Wet Mix

- 3 Large Eggs: Room temperature is best for emulsification.

- 1/2 Cup Pumpkin Puree: Use 100% pure pumpkin, NOT pumpkin pie filling (which contains added sugar).
- 1/4 Cup Unsweetened Almond Milk: Or heavy cream for a richer texture.
- 2 tbsp Sugar-Free Maple Syrup: Or a granulated erythritol/allulose blend (adjust to taste).
- 1 tsp Vanilla Extract: Use pure vanilla, not imitation.
- 2 tbsp Butter: Melted, plus extra for greasing the pan.

For Serving (Optional)

- Sugar-free maple syrup.
- A dollop of heavy whipping cream.
- Chopped pecans or walnuts for crunch.

Step-by-Step Instructions

Step 1: Preparation and Preheating

1. Preheat your pan: Place a non-stick skillet or griddle over medium-low heat. Keto batters tend to brown faster than wheat batters due to the almond flour, so keeping the heat slightly lower is vital. Allow the pan to heat for at least 5 minutes.
2. Gather equipment: You will need a large mixing bowl, a medium mixing bowl, a whisk, and a measuring cup.

Step 2: Combine the Dry Ingredients

In a large mixing bowl, combine the almond flour, coconut flour, baking powder, baking soda, pumpkin pie spice, and salt. Whisk these together thoroughly. This step is crucial because coconut flour tends to clump; whisking ensures the leavening agents are evenly distributed.

Step 3: Whisk the Wet Ingredients

In a separate medium bowl, crack the eggs and whisk them until they are frothy. Add the pumpkin puree, almond milk, sugar-free syrup, and vanilla extract. Whisk until the mixture is smooth and uniform in color. Finally, whisk in the melted butter (ensure it is slightly cooled so it doesn't cook the eggs).

Step 4: Combine (The “Resting” Phase)

Pour the wet ingredients into the dry ingredients. Gently fold them together with a spatula or whisk until just combined. Do not overmix, or the pancakes will become dense.

CRITICAL STEP: Let the batter rest for 5 to 10 minutes. Coconut flour is thirsty; it needs time to absorb the moisture. If you cook immediately, the batter will be too thin, and the pancakes will spread too much. You want the batter to be thick and scoopable.

Step 5: The Cooking Process

1. Add a small pat of butter to your preheated skillet and swirl to coat.
 2. Using a 1/4 cup measuring cup, scoop the batter onto the skillet. Use the back of the cup or a spatula to gently spread the batter into a circle (about 3 inches wide). Keto batter is thicker than regular batter, so it won't spread on its own.
 3. Cook on Low-Medium Heat: Let them cook for 3 to 4 minutes.
 4. The Flip: Look for the edges to look matte (not wet) and small bubbles to form on the surface. Slide your spatula underneath and flip gently. Cook for another 2 to 3 minutes on the other side. The second side cooks faster than the first.
 5. Transfer to a plate and repeat with the remaining batter. Keep the finished pancakes warm in a low oven (200°F/90°C) if you are making a large batch.
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Recipe Intensities & Timing

To help you master the “art” of the pancake, here is a breakdown of the cooking intensities required:

- Prep Intensity: *Low*. The most challenging part is measuring the coconut flour correctly (spoon it into the cup and level it off; don't pack it).

- **Mixing Intensity:** *Medium*. You need to whisk vigorously to break up the almond flour clumps, but use a gentle hand when combining the wet and dry so you don't deflate the leavening agents.
 - **Heat Intensity:** *Low to Medium-Low*. This is the most common point of failure. Almond flour burns easily. If your pan is too hot, the outside will be black while the inside is raw. Patience is key here.
 - **Flip Timing:** *Precise*. The window for flipping is between the batter looking wet and it burning. Wait for the surface bubbles.
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Recipe Notes & Pro Tips

- **The Pumpkin Problem:** Pumpkin puree adds a lot of moisture. If your batter looks runny after the resting period, add 1 teaspoon of coconut flour at a time until it thickens. If it looks too thick, add a splash of almond milk.
- **Sweetness:** Pumpkin spice flavors can sometimes taste bitter if the sweetness is too low. If you are new to keto, you might want to add 1 extra tablespoon of erythritol to the dry mix.
- **Lemon Juice Trick:** If you find the pancakes taste slightly "eggy," you can add 1/2 teaspoon of lemon juice or apple cider vinegar to the wet mix. This reacts with the baking soda and neutralizes the egg flavor.

- **Storage:** These pancakes freeze beautifully. Allow them to cool completely, place parchment paper between each pancake, and freeze in a zip-top bag for up to 3 months. Reheat in a toaster or skillet.

Nutrition Information (Per Serving)

Based on 4 servings (approx. 2-3 pancakes each).

- **Calories:** 310 kcal
- **Total Fat:** 25g
- **Saturated Fat:** 8g
- **Cholesterol:** 160mg
- **Sodium:** 320mg
- **Total Carbohydrates:** 10g
- **Dietary Fiber:** 5g
- **Total Sugars:** 2g

- Net Carbs: 5g

- Protein: 10g