

Keto Cauliflower Pancakes



Give the regular potato hash browns a Keto taste twist with these incredible cauliflower pancakes. Serve alongside a bowl of sour cream, homemade mayo dip, or seasoned butter.

Ingredients for 2 serving (US/Metric)

- 2 *cup* Cauliflower
- 2.5 *pieces* Eggs
- 0.5 *cup* Onions
- 3.5 *tbsp* Butter
- Salt & pepper to taste

Nutrition (US/Metric)

- Protein: 10%
- Fat: 84%

- **Net carbs:** 6%

Instructions

1. Start by rinsing the cauliflower by rinsing and then use a grater/food processor to trim & grate it. Transfer to a large bowl, mix with the rest of the ingredients and keep aside for 5-10 minutes.
2. Place a large-sized skillet on the stove over medium heat and add the oil/butter.
3. (*A large skillet helps cook 3-4 pancakes at a go, thus saving time! To keep the cooked pancakes warm keep them in the oven set on low heat.
4. Using a ladle pour 1-2 scoops of the cauliflower mix into the pan. Gently flatten them till they form circles (approx. 3-4 inches diameter). Cook each side for 4-5 minutes.
5. (*Reduce the heat whenever necessary to avoid burning the pancakes. Be patient and control the urge to flip the pancakes before time).