Low Carb Cream Cheese Pancakes: Protein-Rich Breakfast

Rich cream cheese and eggs blended into a fluffy and satisfying texture



PREP	COOK	TOTAL	SERVES	CALORIES
5 min	10 min	15 min	2 servings	300 kcal

Ingredients

- 115 g cream cheese, softened
- 4 large eggs, room temperature
- 1 tsp vanilla extract, optional
- 1 tsp erythritol, or another keto sweetener, optional
- 1 pinch sea salt, optional
- 20 g unsalted butter, for frying
- 1 tbsp water, optional, to adjust consistency
- 1 tsp lemon zest, optional, for garnish

Instructions

1. Smooth the cheese: Stir the softened cream cheese in a small mixing bowl with a whisk. Ensure it is creamy and free of lumps. This prevents the batter from separating later.
2. Prepare the eggs: Beat the eggs in a separate bowl until yolks and whites combine. Pour them into the cream cheese. Blend in a food processor for 30-45 seconds until glossy to ensure a homogenous texture.
3. Add the flavourings: Pulse in the sea salt, vanilla extract, and erythritol. Incorporate them briefly. Adding salt at the end prevents it from affecting the egg structure during the initial blend.
4. Heat the skillet: Pre-heat a non-stick skillet to 185°C (365°F). Melt the butter in a saucepan and swirl it across the pan. This creates a non-stick barrier and adds a savoury depth.
5. Pour the batter: Pour a 60 ml ladleful of batter into the centre when the butter foams. Tilt the pan to reach a 15 cm (6 inch) diameter. This ensures the pancakes cook evenly.

6. Cook and flip: Cook for 2 minutes until edges set and a film forms on top. Flip with a spatula and cook for 1 minute more. Stop when they are golden-brown and cooked through.

Notes

What goes wrong and whyYour batter may curdle if the eggs are too cold. Cold proteins do not emulsify easily with the fats in the cream cheese. Watch for small lumps during blending. Use room temperature eggs to ensure a smooth, glossy consistency that pours easily into the skillet.

Storing and reheatingKeep leftovers on a plate at room temperature for no more than 2 hours. For longer storage, wrap pancakes individually in cling film and freeze for up to 2 months. Thaw them in the refrigerator overnight or reheat in a 100°C (212°F) oven for 8–10 minutes.

Sweet or savouryAdjust the flavour profile by altering the additives. For a sweet version, use erythritol and vanilla. For a savoury option, omit the sweetener and add chopped chives, parsley or dill. Serve the savoury version with smoked salmon or a dollop of Greek yoghurt for a protein-rich start.