

Breakfast Blinis

Brunches can become boring if you don't occasionally add some zing to them and these breakfast blinis are just the ticket. They are bite sized morsels of deliciousness which are the perfect carriers for your favourite keto toppings.

1 serving = 1 blini of about 10g's

Carbohydrates: Total 0.9g's Net 0.1g's Protein 1g's Fat 2.5g's

You will need:

- ¼ cup coconut flour
- 2 tblsp olive oil
- Pinch of salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 3 eggs
- ½ cup coconut cream
- ⅛ teaspoon of baking soda



Add all the wet ingredients: eggs, coconut cream and olive oil together - whisk them thoroughly. Add the remaining ingredients, gently folding them in and being careful to not overmix the batter as this will result in the blinis being flat and not fluffy and light.

Using a large pan, put in a drizzle of olive oil and heat on a low heat. Using a teaspoon, drop spoons of batter into the pan until you have a few of them cooking in the pan. They will rise gently and once they have browned, flip them over using a small spatula. Allow the other side to brown and then set aside whilst you prepare the rest of the blinis, using the remaining batter.

Allow them to cool and add your favourite keto toppings.