

# Squash Pancakes for GAPS or Keto

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: [8](#) servings

Calories: 279 Fat: 25g Protein: 8g Net Carbs: 4

## Ingredients

- 1 cup cooked squash (acorn, butternut, or kabocha)
- 1½ - 2 cups crispy nuts (we prefer walnuts)
- 6 eggs
- 1/4 teaspoon [sea salt](#)
- ¼ tsp baking soda (opt.)
- 1 tbsp vinegar (opt.)
- 2 tablespoons [ghee](#) or tallow, to fry

## Instructions

1. In a blender, blend squash, nuts, salt, baking soda, and eggs until smooth.
2. Heat a skillet on medium-low heat and melt tallow or ghee.
3. Stir vinegar into pancake batter gently.
4. Gently spoon 1 tablespoon of batter into the heated pan with the melted fat.
5. Flip with a small spatula once bubbles start to appear on the top and a few have popped, about 2 minutes. Cook on the other side for another minute, or until the edges start to appear firm.
6. Repeat with the remaining batter.

## Recipe Notes

If egg whites are not tolerated, these pancakes can be made with yolks only. Just double the number of yolks and omit whites. Omit baking soda if on GAPS.