

# Grain Free Dutch Babies

A grain-free alternative to one of our favorite breakfast dishes, it's quick and easy to make and delicious! It's perfect for those with gluten intolerance or following a grain-free or paleo lifestyle. Sprinkle with finely chopped, toasted nuts (we love hazelnuts!).

Recipe by [Paul Gardner](#) | Created on **Nov 20, 2021**

## Ingredients

- ½ cup butter
- 8 eggs
- 1 cup coconut milk
- ½ cup arrowroot powder
- ¼ cup chestnut flour
- 1 teaspoon lemon extract
- 1 (1 gram) packet stevia powder
- ½ teaspoon sea salt

## Directions

- Preheat oven to 425 degrees F (220 degrees C). Put butter in a 9x13-inch casserole dish and place in the oven until butter melts and starts to brown, about 5 minutes.
- Place eggs in a blender and pulse until smooth; add coconut milk, arrowroot powder, chestnut flour, lemon extract, stevia powder, and sea salt. Blend until smooth, 45 to 60 seconds. Pour batter over browned butter in the casserole dish.
- Bake in the preheated oven until pancake is set in the middle and edges are lightly browned, about 23 minutes.

## Nutrition Facts

Serving: **1 9x13-inch Dutch baby** | Calories: **296.9 kcal** | Carbohydrates: **10 g** | Protein: **9.4 g** | Saturated fat: **15.7 g** | Cholesterol: **275.1 mg** | Sodium: **317.8 mg** | Fiber: **0.4 g** | Sugar: **0.5 g**

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