



Blueberry Pie Bake

Love pizza? Eggs? Waffle shapes? You don't want to miss out on this super tasty recipe that is very bariatric-friendly!

Ingredients:

- 1 c ricotta cheese
- 1 egg
- ¼ coconut flour
- 3 tsp Splenda and other sugar substitute
- ½ c blueberries
- 1 tsp lemon juice

Optional: Garnish with a drizzle of agave syrup or toasted coconut flakes or almond slivers

Directions:

- Preheat oven to 400°F
- In a medium bowl, combine all ingredients. Save about 1/2 of the blueberries to coat the bottom of the dish, as well as sprinkle on top
- Make a layer of blueberries on the bottom of the dish and pour the ricotta mixture on top. Sprinkle remaining blueberries on top
- Bake about 15-25 minutes until set and the ricotta starts to turn a light golden color. The blueberries will bubble up to the top a bit, too.
- Garnish with agave syrup, coconut flakes, more blueberries, or your favorite chopped nuts
- Enjoy!

“You didn't come this far just to come this far.”

