



Low Carb Lemon Ricotta Pancakes

When life hands you lemons you make... lemon ricotta pancakes! We've whipped together a great breakfast recipe we know you'll enjoy. Just think of your favorite fluffy pancake but with an Italian twist and fresh lemon flavor.

Ingredients:

- ½ C of almond flour
- 1 T of Splenda sweetener
- 1 T of baking powder
- ¼ T of salt
- ⅓ C of almond milk
- ¼ C of ricotta (regular or dairy-free)
- 1 large egg
- ¼ t vanilla extract
- ½ T lemon zest
- ¼ C of fresh lemon juice
- 1 t coconut oil (melted)

Directions:

- Mix dry ingredients in a mixing bowl, leave a well in the center of the bowl, and set aside
- Mix the ricotta, almond milk, vanilla, and eggs into a mixing bowl and whisk until blended well
- Next add the lemon juice, lemon zest, and coconut oil into a mixing bowl and whisk until blended
- Add to dry mixture and whisk until blended well
- Spray skillet with non-stick spray spread
- Add ¼ cup of batter
- Cook until mixture bubbles – make pancake is brown on both sides
- Garnish with fresh blueberries or a sugar-free syrup

“3 months from now, you will thank yourself.”

