



CP'S LEMON RICOTTA PROTEIN PANCAKES (GLUTEN-FREE EDITION)



MAKES:
4 SERVINGS

SERVING SIZE:
TWO 8" PANCAKES
~180g

**CALORIES
PER SERVING** 297 kcal

P 26g

C 31g
NET CARBS: 31g

F 8g

**PREP AND
COOK TIME:**



**PREP TIME
5 MINUTES**



**COOK TIME
8 MINUTES**



**TOTAL TIME
13 MINUTES**

EQUIPMENT NEEDED:



Whisk or
Spatula



Non-stick skillet or
griddle



Mixing bowl

INGREDIENTS:



2 scoop (35g)
vanilla whey or
casein protein
powder



1 cup (120g) part-
skim ricotta
cheese



2 large
(100g) eggs



2/3 cup (40g) gluten-
free pancake mix



2 tbsp (15ml)
lemon juice



1 tsp (5g)
lemon
emulsion



1 Tbsp
Sweetener



1 tsp vanilla
extract



3/4-1 cup skim milk
to thin the batter

INSTRUCTIONS:

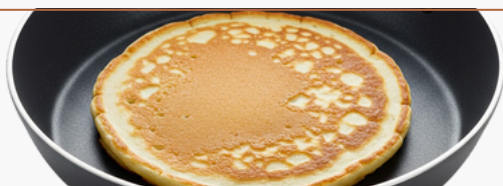
1 In a bowl, whisk together ricotta, eggs, lemon juice, extract, and vanilla.



2 Stir in protein powder, sweetener, and gluten-free pancake mix until smooth. Thin with skim milk if needed.



3 Heat nonstick skillet to medium, spray lightly, and pour batter into 6" round pancakes.



4 Cook 2-3 minutes per side until golden brown and set through.

5 Serve warm with sugar-free syrup, fresh berries, or a dollop of Greek yogurt!

Meal Prep Tip:

Freeze between parchment layers, then toast or microwave straight from frozen for weekday wins.

MAKES 4 SERVINGS
RECIPE TOTAL COST: \$6.50



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with Chris Powell™

Category	CP's Lemon Ricotta Protein Pancakes	
Calories	297 kcal	
Protein	26g	
Carbs	31g	
Fat	8g	
Net Carbs	31g	
Cost per serving	\$1.63	