

## **Low Calorie Ricotta Lemon Pancakes**

(Adapted from [Lose Weight By Eating](#))

1 cup low fat ricotta cheese  
2 large eggs  
2 tablespoons All-Natural Keto Maple Syrup or regular maple syrup  
 $\frac{2}{3}$  cup all-purpose flour or gluten-free 1 to 1 flour  
1 teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt  
Zest of 1 lemon  
Olive oil spray

Preheat a griddle or skillet over medium heat.

To a medium bowl, combine the ricotta cheese, eggs, and maple syrup. Stir to combine.

Add the flour, baking powder, salt, and lemon zest. Mix together until just combined.

Spray the griddle lightly with olive oil, then pour  $\frac{1}{4}$  cup of batter onto the griddle for each pancake.

Cook, undisturbed until the pancakes begin to bubble. Flip and cook the second side until golden brown (do not squish down).

Continue with the remaining batter- will make 6 pancakes.

Serve with your favorite toppings.