

Ricotta Pancakes

From Be A Loser

Preparation time: 5 minutes

Cook time: Varies

Serves: 2-4

Ingredients

- 16 oz Ricotta Cheese
- 4 Large Eggs
- 1 Tbsp [Psyllium Powder](#)
- Oil for pan

Directions

Mix the ricotta and eggs in a bowl. Add the psyllium slowly so it incorporates.
With a silicone or rubber spatula scrape down the sides and bottom of the bowl.
Mix a few seconds more and let rest about 5 minutes.
Heat a nonstick pan over low to medium low heat.
Put a small amount of oil in the pan and wipe with a paper towel.
Add ¼ cup of batter per pancake and form into a circle.
When the corners have set and bubbles are forming in the center it's time to flip.
Allow to cook a bit more and put on a plate under a towel or in a warming drawer.
Enjoy with Sugar-Free syrup (I like [this](#)) and butter.

Variations

1. You can use cottage cheese instead of ricotta, but I'd recommend using small curd.

2. Add different berries (diced strawberries, blueberries, etc) to the pancake as it's cooking, before flipping. Chopped bananas are OK too, and even rough chopped high percentage cocoa chocolate.