

low carb breakfast lasagna

★ ★ ★ ★

3.5 from 2 reviews

Author: Mellissa Sevigny Yield: 4 servings



A low carb and gluten free recipe for breakfast lasagna. Can be assembled the night before, so it's perfect for brunch or a lazy Saturday morning. Serve with Hollandaise sauce to make it even more decadent!

Ingredients

SCALE

- 8 eggs, scrambled
- 1 cup shredded cheddar cheese
- 12 sausage links, fully cooked
- 12 cream cheese pancakes (unsweetened)

Instructions

1. Cover the bottom of an 8 x 8 pan with 4 pancakes, it's ok if they overlap.
2. Put down a layer of scrambled eggs, followed by one third of the cheese.
3. Cover with another 4 pancakes, then add all of the the sausage links.
4. Sprinkle with another one third of the cheddar cheese.
5. Add the last layer of pancakes, followed by scrambled eggs, and the remainder of the cheese. You can use more cheese if you like.
6. Bake in the oven for 8 – 10 minutes at 350 degrees (F), or microwave for 3 – 4 minutes on high, or until the cheese is melted.
7. Cut into squares and serve.

Nutrition

Serving Size: 4 inch square Calories: 551 Fat: 47g Carbohydrates: 4g

Protein: 29g

Find it online: <https://www.ibreatheimhungry.com/zero-carb-breakfast-lasagna/>

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