



Authentic Italian Mannicotti



To make this vegetarian, simply leave out the beef, and stuff with the cheese mixture

The Ingredients

1 batch of keto pancakes, (15 pancakes) link here:

- <https://youtu.be/uMDYOMwhqH8>

1 batch, 3-4 cups, whatever marinara you use

- 1/2 lb Italian sausage (optional)
- 1 onion, chopped
- 1/2 lb grass fed hamburger (optional)

16 oz ricotta cheese

- 1 c Parmesan cheese

2 T fresh basil

2T fresh oregano

Salt, pepper

Directions

If using meat, saute onion and add both meats. I actually prefer this recipe without meat, in which case you would omit this entire step.

Mix cheeses and herbs in a bowl, adding salt and pepper to taste. (Start with 1t) If not using meat, add 2 eggs at this point. Mix well.

Roll approximately 1/4c cheese mixture in pancakes, creating the 'stuffed shell'. Please refer to video to see how this should look. Repeat and line a large casserole dish with stuffed pancakes.

Pour 3-4 marinara sauce over the full pan of manicotti, top with about 1 cup of shredded mozzarella and bake at 350 for 25 minutes.

Crepes

4 oz cream cheese

4 eggs

In a blender, add the cream cheese, eggs, and blend! It really is that simple! Put some butter in a non-stick pan over med-high heat and pour in the batter. We try to start off with one pancake (the test pancake lol) just to make sure the pan is hot enough and we get the hang of flipping it. These pancakes are very thin, so sometimes you might need to use your hands to help ease it onto the spatula to flip. We usually flip the pancakes after about 2 minutes, but just keep an eye on them and use your judgment (every stove is different)!

