

Low Carb Breakfast Lasagna

Ingredients

- 8 eggs
- ¼ cup almond milk
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp hot sauce (your choice)
- 1 cup shredded cheese
- 12 sausage links
- Whole Wheat Pancake mix to make 12 pancakes
- ½ cup cream cheese



Directions

Scramble 8 eggs with ¼ cup almond milk and ½ tsp salt and ½ tsp black pepper 1 tsp hot sauce. Cook scrambled eggs to just lightly fluffy (Don't overcook). Lightly spray griddle with olive oil spray. Mix whole wheat pancake mix to make 12 pancakes. Add cream cheese to pancake mix

Make mix into 12 even pancakes and place on griddle (cook pancakes on each side 2-3 minutes until lightly browned. Brown sausage links until lightly browned and drain grease. Cover the bottom of a 8x8 pan with 4 pancakes, it is okay if they overlap. Put down a layer of scrambled eggs, followed by one third of the cheese. Cover with another pancakes, then add all of the sausage links. Sprinkle with another one third of the cheddar cheese. Add the last layer of the pancakes, followed by the scrambled eggs, and the remainder of the cheese. Bake in the oven for 8-10 minutes at 350 degrees or until the cheese is melted.