

Keto Lasagna Recipe Modifications

Virtually any Lasagna Recipe can be made "keto style" with a few key modifications:

1. Do not use carb-based noodles. Use a low-carb vegetable "noodle" instead. I like Palmini hearts of palm lasagna "noodles" or thinly sliced zucchini.

2. Don't use a sauce that has added sugar in it / don't make your sauce with added sugar if you are making it from scratch.

3. Some recipes call for adding carrot puree into your sauce to "sweeten" it. Don't do this for keto lasagna as carrots have too much starch (carbs).

4. If you like onions, be mindful of how many you add because these too can increase your carb total quickly. Try onion powder instead.

5. Be mindful of how much sauce you are adding, as tomatoes can have higher carbs, and keto lasagna doesn't need as much sauce as regular lasagna. Vegetable based "noodles" in keto lasagna have their own moisture. They don't need the extra liquid like flour-based noodles might and your keto lasagna will also be runny & won't hold together if you add too much sauce.