



# Ramen Noodle Lasagna

Simple Lasagna recipes are my favorite. It's such a family friendly food and there are so many different ways to do it! The noodles we used here aren't perfect Keto, but my kids LOVE it and that's a low carb win for us!

immi makes a low carb Ramen noodle made from a pumpkin seed protein. Take a look at their [website](#) to see if they fit in your macros and diet, or find another Keto friendly option! You can also grab them on [Amazon!](#)

## Recipe:

1 Low Carb Ramen pack ([Immi Eats](#))  
1/4 cup Marinara  
1/4 cup Mozzarella  
2 Tbsp Heavy Cream  
1/2 tsp Italian seasoning  
1/4 cup Mozzarella

Layer ingredients in a ramekin and bake at 350 degrees for 30 minutes

## 8x8 Recipe Below



## The Keto Dad Tips and Tricks:

- Make it in an 8x8 pan for a family! Use 4 Ramen packs
- This is also great option if you're making your family a "regular" meal, you can make a keto ramen lasagna for you!
- Lower the carbs by changing to a Keto noodle
- Freezes and reheats easily!

Macros: Calories 610 , Fat 40, Carbs 29g, Fiber 19g (3 Net carbs ) Protein 37g

This is for IMMI Ramen. Keep in mind though, we're only using the noodles - not the seasoning packet. The macros are only available with both the seasoning and the noodles.

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