

BLUEBERRY RICOTTA PANCAKES

INGREDIENTS

1/2 C	Whole-wheat pastry flour
1/4 C + 2 T	All-purpose flour OR gluten flour of your choice
1 t	Coconut Sugar
1 t	Baking powder
1/4 t	Baking soda
1/2 t	Nutmeg (fresh) (grated)
3/4 C	Ricotta cheese (part-skim)
1/2 C	Egg Substitute
1/2 C	Buttermilk (nonfat) (see Tip below)
1 t	Lemon zest (grated)
1 T	Lemon juice
2 t	Canola oil (divided)
3/4 C	Blueberries (frest or frozen - not thawed)



MAKE-IT-YOURSELF

Buttermilk

Mix 1 T lemon juice into 1 cup milk

DIRECTIONS

- 1 Whisk both flours, sugar substitute, Baking powder, baking soda & nutment in a small bowl
- 2 Whisk ricotta, egg substitute, buttermilk, lemon zest & juice in a large bowl until smooth
- 3 Stir the dry ingredients into the wet ingredients until combined
- 4 Brush a large non-stick skillet with 1/2 t oil & place over medium heat until hot
- 5 Pour 1/4 C of batter to make 2 pancakes in the pan
- 6 Sprinkle blueberries on each pancake & cook until the edges are dry & bubbles begin to form (2 minutes)
- 7 Flip the pancakes & cook until golden brown (2 minutes)
- 8 Repeat with the remaining oil, batter & berries adjusting the heat to prevent burning
- 9 Serve these light pancakes with our Chunky Blueberry Sauce, maple syrup or honey
- 10 Keep finished pancakes warm in a 200°F oven, if desired, while cooking the rest

NOTES

- 1 Sprinkling the berries on top of the cooking pancakes ensures even distribution.
- 2 Make Ahead Tip: Cover and refrigerate for up to 1 week or freeze for up to 1 month.



CHUNKY BLUEBERRY SAUCE

Recipe on next page

CHUNKY BLUEBERRY SAUCE

INGREDIENTS

2 C	Blueberries (fresh or frozen - not thawed)
1/4 C	Honey or Agave
1 t	Lemon zest (grated)
2 T	Lemon juice

DIRECTIONS

- 1 Stir together blueberries, honey, lemon zest & juice in a medium saucepan
- 2 Bring to a boil & then reduce heat to maintain a simmer & cook
- 3 Stir often until sauce has thickened (about 15 minutes)
- 4 Let cool for 10 minutes
- 5 Serve warm on pancakes

NOTE

This sauce can be used as a topping on cake, ice cream or frozen yogurt