

# BREAKFAST RECIPES



## Ricotta and Berry Pancakes -

### Ingredients:

- 1 cup wholemeal self raising flour
- 1 tablespoon honey
- 2 teaspoons vanilla essence
- 3 egg whites
- 2/3 cup milk (reduced fat)
- cooking spray
- 200g ricotta cheese (reduced fat)
- 250g strawberries, hulled, halved
- 150g blueberries
- 2 tablespoons maple syrup



### Method:

1. Sift flour into a bowl. Add husks left in sieve. Using a fork, beat honey, vanilla, egg whites and milk in a jug until well combined. Pour into flour mixture. Stir to a smooth batter. Stand for 10 minutes.
2. Spray a non stick frying pan with oil. Heat over medium heat. Pour ¼ cup of batter into pan. Cook for 1 to 2 minutes or until small bubbles appear on the surface. Turn over. Cook for 1 minute or until cooked through. Remove the pancake to plate. Cover to keep warm. Repeat with remaining batter, greasing pan between pancakes.
3. Place pancakes on a plate and cover with ricotta and berries. Drizzle with maple syrup and serve.

### Alternatives:

- Use gluten free self raising flour.

