



Ricotta Pancakes

Sunday morning - what a time for a hearty breakfast! This recipe for ricotta pancakes certainly isn't a low-calorie meal, but if you're willing to burn off the calories, it's well worth it. The recipe calls for fresh blueberries, but if they aren't available, frozen blueberries will suffice. Have a great morning!

Ingredients

2/3 cup all-purpose flour
1 ½ cups ricotta cheese
2 tbsp whole milk
4 eggs, separated
2 tbsp of sugar
Zest of 1 lemon
½ tsp vanilla extract
¼ tsp salt
½ tsp baking powder
1 pint fresh blueberries
2 tbsp granulated sugar
Juice of ½ lemon
Leaves of mint to taste

Preparation Process

In a large bowl, beat the egg whites (preferably with an electric hand mixer) until the eggs develop peaks.

In a second bowl, whisk together the ricotta, egg yolks, milk, 2 tbsp sugar, lemon zest and vanilla until completely combined

Pour the flour, salt and baking powder to the ricotta mixture and mix completely

Very carefully stir the egg whites into the ricotta mixture

In a third bowl, stir together the blueberries, 2 tbsp sugar, lemon juice and mint leaves to create a blueberry syrup

Preheat a griddle over medium heat, brush with a small amount of butter, then and ladle ¼ cup of the batter for each pancake onto the hot griddle.

Cook for 2 minutes on each side or until golden brown

Serve with the blueberry syrup mixture

If you want to watch the video again. Click [here](#).