

This blueberry, lemon and ricotta pancake recipe is a great homemade breakfast option. Incorporating fruit at breakfast is a great way to ensure you are featuring this food group on your menu. If desired, this recipe can be served with yoghurt and additional fruit, such as fresh berries or sliced banana.

Ingredients

Serves: 6 (Makes approx. 12 pancakes)

- 1 ¼ cup self-raising flour, sifted
- 2 teaspoons baking powder
- ½ cup reduced fat smooth ricotta cheese
- 1 cup milk
- 2 eggs
- Zest of 1 lemon (approx. 1 teaspoon)
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 2 teaspoons vanilla extract
- 1 cup blueberries, fresh or frozen
- Spray oil
- Yoghurt and fresh fruit (e.g. fresh berries, sliced banana), to serve (optional)



Method

1. In a large mixing bowl, combine sifted self-raising flour and baking powder.
2. In a separate bowl or jug, whisk ricotta cheese, milk, eggs, lemon zest, lemon juice, honey and vanilla together until well combined.
3. Pour wet ingredients into dry ingredients and stir well to combine. Set aside the batter to sit for 5 minutes. Gently fold through fresh or frozen blueberries.
4. Heat a large non-stick frying pan over a low-medium heat. Spray with oil.
5. Using ¼ cup batter for each pancake, add to the pan. Cook for 2-3 minutes or until bubbles appear on the surface. Gently flip and cook on the other side for 2 minutes, or until golden.
6. Repeat with remaining batter.
7. Serve with yoghurt and fresh fruit (optional). Enjoy!

Notes

- Try using wholemeal self-raising flour to increase the fibre content of this recipe
- Feel free to swap the blueberries for another fruit option, such as fresh or frozen raspberries, grated or finely diced apple or mashed banana.
- This recipe could also be used for a morning or afternoon tea snack

Food Group	Serves provided per 2 pancakes
Fruit	0.17 – 0.67 (optional fresh fruit to serve)
Grain (cereal) foods	0.83
Milk, yoghurt and cheese	0.25 – 0.75 (optional yoghurt to serve)