

#AUSAdapts COOKING AT HOME

Wholesome Blueberry Pancakes



MAKES 12 PANCAKES PREP TIME: 10MIN COOKING TIME: 15MIN

Ingredients

- 3/4 cup wholemeal plain flour
- 3/4 cup plain flour
- 3 tsp baking powder
- 1 tsp ground cinnamon
- 1 1/2 cups light milk, plus 2 tbs extra
- 1 free range egg
- 4 x 125g punnets blueberries
- Olive oil spray
- 3/4 cup reduced-fat ricotta
- 1 tbs honey



Method

Sift flours, baking powder and cinnamon into a large bowl. Whisk 1 1/2 cups milk and egg in a jug. Add milk mixture to flour mixture and whisk until combined. Stir in half the blueberries. Stand for 10 minutes.

Heat a large non-stick frying pan over medium heat. Spray with oil. Pour 1/4 cups of batter, 2-3 at a time, into pan and cook for 3 minutes or until bubbles form over surface of pancakes. Turn and cook for a further 2 minutes or until golden and cooked through. Transfer to a plate. Cook remaining batter.

Meanwhile, whisk ricotta and extra milk until smooth. Serve pancakes topped with ricotta and remaining blueberries, and drizzled with honey.

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