



Blueberry-Ricotta Pancakes

Serves 4 (2 pancakes each)

from www.eatingwell.com

½ cup whole-wheat pastry flour
¼ cup plus 2 tablespoons all-purpose flour
1 teaspoon sugar
1 teaspoon baking powder
¼ teaspoon baking soda
½ teaspoon freshly grated nutmeg
¾ cup part-skim ricotta cheese
1 large egg
1 large egg white
½ cup nonfat buttermilk
1 teaspoon freshly grated lemon zest
1 tablespoon lemon juice
2 teaspoons canola oil, divided
¾ cup fresh or frozen (not thawed) blueberries

- Whisk dry ingredients in a small bowl.
- Whisk remaining ingredients except blueberries in a large bowl until smooth. Stir dry ingredients into wet ingredients until just combined.
- Place a large nonstick skillet or griddle over medium heat until hot. Oil pan lightly, ½ teaspoon at a time, if needed.
- Use a generous ¼ cup of batter for each pancake.
- Sprinkle blueberries on each pancake and cook until the edges are dry and bubbles begin to form, about 2 minutes.
- Flip the pancakes and cook until golden brown about 2 minutes more. Adjust heat as needed to prevent burning.

Nutritional information:

Calories: 238	Total fat: 8g
Saturated fat: 3g	Protein: 12g
Fiber: 3g	Sodium: 334mg