

## Recipe: Blueberry and Ricotta Cheese Pancakes

Fresh ricotta makes these pancakes incredible



Blueberries rank the highest of any fruit for antioxidants, and are an excellent source of fiber and vitamin C.

### Ingredients

Makes 4 servings

1 cup flour  
2 teaspoons baking powder  
¼ cup sugar  
¼ teaspoon salt  
1 cup reduced-fat milk  
2 eggs, beaten  
½ cup ricotta cheese\*  
2 cups blueberries, divided (may substitute raspberries or sliced strawberries)  
Vegetable oil  
Maple syrup (optional)

\*Use either reduced-fat or regular ricotta cheese, which will result in richer-tasting pancakes.

### Directions

Combine flour, baking powder, sugar and salt in a large bowl. Stir well. In a small bowl, whisk together milk, eggs and ricotta cheese. Pour over flour mixture and stir briefly to mix. Do not beat. Stir in 1 cup blueberries.

Lightly grease a griddle (or very large skillet) with oil and heat over medium heat. Drop in pancake batter to form 6 pancakes. Cook pancakes until bubbles form on top and edges turn golden, about 2 minutes. Flip over and cook second sides about 2 minutes or until golden. Remove pancakes and keep warm. Repeat with remaining batter to form 6 more pancakes.

Arrange on 4 serving plates. Top each stack with 1/4 cup blueberries. Serve with maple syrup if desired.

**Nutritional information** (per serving)

Calories 325 (with whole-milk ricotta cheese)

Fat 7g

Cholesterol 230 mg

Sodium 85 mg

Carbohydrates 48 g

Fiber 2.5 g

Protein 11.5 g

For more recipes visit [genesishcs.org](http://genesishcs.org)



**Genesis**  
HEALTHCARE SYSTEM

**Better Begins Here.**

*Spirit of*  
**Women**<sup>®</sup>