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Blueberry-Ricotta Pancakes

Prep Time: 20 mins

Cook Time: 8 mins

Total Time: 28 mins

Ingredients

- 1/2 cup(s) flour, whole-wheat pastry
- 1/4 cup(s) flour, all-purpose, plus 2 tablespoons
- 1 teaspoon sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon nutmeg, fresh, grated
- 3/4 cup(s) cheese, ricotta, part-skim
- 1 large egg(s)
- 1 large egg white(s)
- 1/2 cup(s) buttermilk, fat-free
- 1 teaspoon lemon zest, freshly grated
- 1 tablespoon lemon juice
- 2 teaspoon canola oil, divided
- 3/4 cup(s) blueberries, fresh or frozen (not thawed)

Preparation

1. Whisk whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda and nutmeg in a small bowl. Whisk ricotta, egg, egg white, buttermilk, lemon zest and juice in a large bowl until smooth. Stir the dry ingredients into the wet ingredients until just combined.
2. Brush a large nonstick skillet with 1/2 teaspoon oil and place over medium heat until hot.
3. Using a generous 1/4 cup of batter for each pancake, pour the batter for 2 pancakes into the pan, 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. Repeat with the remaining oil, batter and berries, adjusting the heat as necessary to prevent burning.

