

Lemon ricotta pancakes with blueberry compote

Ingredients

Blueberry compote

- 2 cups fresh blueberries, rinsed
- 1 lemon, zested and juiced
- 4 tablespoons granulated sugar

Pancakes

- 4 large eggs
- 1 cup milk, unsweetened soy milk (or milk of your choice)
- 1 teaspoon vanilla extract
- 1 large lemon, juiced
- 1 cup rolled oats
- ½ teaspoon cinnamon
- 1 teaspoon baking powder
- 2 tablespoons chia seeds (or ground flaxseed for nuttier flavor)
- 1¼ cups whole-milk ricotta



Nutritional information

Servings: 4 (16 pancakes; 4 each)

Calories: 357 per serving

Directions

Blueberry compote

- In a small saucepan, combine the blueberries with lemon juice, zest and sugar.
- Cook over medium-low heat, stirring occasionally until berry juices run and the mixture starts to thicken, about 10-15 minutes. Let cool until ready to serve.

Pancakes

- In a small bowl, whisk eggs, milk, vanilla extract and lemon juice.
- In a medium bowl, combine oats, cinnamon, baking powder and chia seeds.
- Slowly add the egg mixture, stirring just until it is combined with the oat mixture.
- Fold in ricotta.
- Preheat griddle or skillet to medium-low. Melt a small pat of butter or use oil spray, just enough to coat the surface.
- Pour about ⅓ cup of batter for each pancake. They are ready to flip when bubbles are popping up, the edges are turning light brown and a spatula can slide underneath.
- Flip and cook until golden brown. Set aside and repeat with remaining batter.
- Serve warm, topped with blueberry compote.

Note: To soften oats overnight, combine milk and oats in covered container and place in fridge. When ready to cook, add whisked eggs along with remaining ingredients.