



Long Livo

Blueberry Lemon Ricotta Pancakes

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Batter

- ☐ 1 cup ricotta cheese, drained
- ☐ 1 cup all-purpose flour
- ☐ 2 large eggs
- ☐ 2 tbsp honey
- ☐ 1 tsp baking powder
- ☐ 1/2 tsp sea salt

- ☐ Zest of 1 lemon
- ☐ 2 tbsp fresh lemon juice
- ☐ 3/4 cup milk
- ☐ 1 cup fresh blueberries

For Serving

- ☐ Extra blueberries
- ☐ Maple syrup or additional honey
- ☐ Powdered sugar for dusting

Instructions

- 1** In a large bowl, whisk together the flour, baking powder, and salt; set aside.
- 2** In another bowl, combine ricotta, eggs, honey, lemon zest, lemon juice, and milk; whisk until smooth.
- 3** Gently fold the wet mixture into the dry ingredients, stirring just until combined; avoid over-mixing.
- 4** Toss the blueberries with a teaspoon of flour, then fold them into the batter.
- 5** Heat a non-stick skillet over medium-low heat and lightly butter it; ladle 1/4 cup batter per pancake.
- 6** Cook until bubbles appear on the surface, then flip and cook another 2-3 minutes until golden.
- 7** Serve stacked, topped with extra berries, a drizzle of honey, and a dusting of powdered sugar.

Nutrition per serving

340 kcal

Calories

12 g

Protein

38 g

Carbs

14 g

Fat

Tips & notes

- If the batter seems too thick, add a splash more milk.
- For a fluffier result, let the batter rest 5 minutes before cooking.
- A pinch of vanilla extract adds a subtle background note.