

Lemon Ricotta Blueberry Pancakes

Makes 4 servings, 2 pancakes each

Time: 20 minutes

Ingredients

1 cup ricotta cheese (full or low fat)

1 cup plain yogurt

3 eggs, separated

½ teaspoon baking soda

1 cup all-purpose flour

Dash of salt

1 tablespoon sugar

2 tablespoons lemon juice

2 teaspoons grated lemon zest

1 cup (or more!) blueberries

Butter or grapeseed or other neutral oil, as needed



Preparation

Beat together the ricotta, yogurt and egg yolks. Combine baking soda, flour, salt and sugar. Beat egg whites until fairly stiff but not dry.

Heat a griddle or large skillet over medium-low heat while you finish batter. Stir flour mixture into cheese mixture, blending well but not beating. Stir in lemon juice and zest, then gently fold in beaten egg whites; they should remain somewhat distinct in batter.

Add about 1 tablespoon butter or oil to griddle or skillet and coat surface. When it's hot, add batter by the heaping tablespoon, making sure to include some egg white in each spoonful. Drop 5 or so blueberries into the cooking batter.

Cook until lightly browned on bottom, 3 to 5 minutes, then turn and cook second side. Serve immediately.