



## RICOTTA PANCAKES WITH MIXED BERRY COMPOTE

**SERVES:** 4 (1 pancake each) **Prep Time:** 10 min. **Cooking Time:** 43 min.

**CONTAINER EQUIVALENTS** (per serving): 1 ½ 2

### FOR COMPOTE:

**2 cups** fresh mixed berries, *divided use*  
**¼ cup** water  
**2 Tbsp.** pure maple syrup  
**1 pinch** sea salt (or Himalayan salt)  
**1 tsp.** cornstarch (preferably GMO-free) + 1 tsp. water (combine to make a slurry)

### FOR PANCAKES:

**1 cup** gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)  
**1 tsp.** baking powder, gluten-free  
**¼ tsp.** sea salt (or Himalayan salt)  
**1 cup** part-skim ricotta cheese  
**¾ cup** low-fat (1%) buttermilk  
**2** large eggs  
**2 Tbsp.** pure maple syrup  
**1 tsp.** pure vanilla extract

1. Combine 1 cup berries, water, maple syrup, and salt in medium nonstick skillet over medium-high heat. Cook for 10 minutes, or until boiling. Reduce to a gentle boil and cook for 6 to 8 minutes, or until berries have broken down.
2. While berries are cooking, combine flour, baking powder, and salt in a large mixing bowl. In a separate bowl, whisk together cheese, buttermilk, eggs, maple syrup, and extract. Pour dry mixture into wet; mix until a smooth batter forms. Set aside.
3. When berries have finished cooking, stir in *remaining 1 cup* berries and cornstarch slurry. Simmer for 30 seconds, or until thickened; set aside.
4. Heat large nonstick skillet over medium-high heat; lightly coat with spray.
5. Add ¾ cup batter to pan, cook for 3 minutes, or until golden brown on bottom; flip and cook for 3 minutes more, or until golden brown on both sides. Transfer pancake to plate. Repeat with remaining batter to make 4 pancakes.
6. Serve each pancake topped with ¼ cup berry compote, or store refrigerated in separate airtight containers for up to 5 days.

### RECIPE NOTES:

- You can add 1 tsp. of ghee to enhance flavor a bit. Just remember to track your .
- You can substitute low-fat (1%) milk + 2 tsp. fresh lemon juice (or 2 tsp. white vinegar) for buttermilk.

### SPECIAL EQUIPMENT:

Nonstick cooking spray

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 330 **Total Fat:** 8 g **Saturated Fat:** 4 g **Cholesterol:** 129 mg  
**Sodium:** 374 mg **Carbohydrates:** 52 g **Fiber:** 2 g **Sugars:** 20 g **Protein:** 13 g

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Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.