



Blueberry Coconut Pancakes

(serves 8)

Ingredients

- 2 ½ cups self-raising flour
- 1 teaspoon bicarbonate of soda
- 4 tablespoons coconut sugar
- 4 tablespoons shredded coconut
- 50g melted butter
- 250g full fat ricotta (firm, drained)
- 2 eggs, lightly beaten
- 2 cups milk
- Juice and zest from one lemon
- 1 teaspoon vanilla bean paste
- 1/3 cup fresh blueberries
- Cooking spray to coat the pan
- Fresh banana, sliced, to serve
- Fresh blueberries, to serve
- Maple syrup, to serve



Method

1. Place the flour, soda, coconut sugar and shredded coconut in a medium-large bowl and whisk until they are well combined.
2. In a separate jug or bowl, add the melted butter, ricotta, eggs, milk, lemon zest, lemon juice and vanilla bean paste. Beat with a fork until well combined.
3. Add the wet ingredients to the dry ingredients and whisk until you have a lovely batter. It may be a little lumpy due to the ricotta however it should be free from flour lumps. Finally lightly stir the 1/3 cup of fresh blueberries evenly through the batter.
4. Place a large non-stick frying pan on a medium heat and coat with cooking spray. Place a ¼ cup of the batter per pancake to the pan, cook 2 or 3 (depending on the size of the pan) pancakes at a time for 3-4 minutes or until bubbles appear on the surface. Turn carefully and cook for a further 3 minutes or until cooked through. Transfer to a plate and cover loosely with foil to keep warm. Repeat the process with the rest of the batter making sure to spray the pan with cooking spray between batches.
5. To serve, stack 4-5 pancakes per person on each serving plate, add fresh fruit and pour maple syrup over the stack (to taste). You could also add a dollop on ice cream on top of everything to make it an extra decadent treat!