



CORN MEAL RICOTTA PANCAKES WITH NUTELLA®

Breakfast | Breakfast | All year round

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Yields: 8 Servings

Portion: 3 Mini Pancakes

INGREDIENTS

- 1 cup Corn Meal flour
- 1 cup All purpose flour
- 3 oz. Low fat ricotta
- ½ tbsp. Salt
- 1 tbsp. Sugar
- 2 ct. Large eggs
- 8 ½ oz. Low fat milk
- 3 tbsp. Canola oil
- 5 ¼ oz. Nutella®
- * Fresh fruit, optional
- * Powdered sugar, optional

Method:

Separate the eggs and put the whites in a different bowl. Beat the yolks with the sugar. Beat the egg whites with the salt until stiff peaks form. Fold together both egg mixtures and leave to chill in the fridge for 15 minutes. In a separate bowl, mix the milk, ricotta cheese and the oil, then add to the flour mix. Combine the egg mixture with the flour-cheese mixture and fold gently until batter is smooth. Pour 2 tbsp. of the batter into a sauté pan lightly sprayed with food release spray. Cook over



medium heat until golden brown. Plate three pancakes and spread each one with $\frac{1}{4}$ oz. of Nutella®. Dust lightly with powdered sugar and fresh fruit if desired.