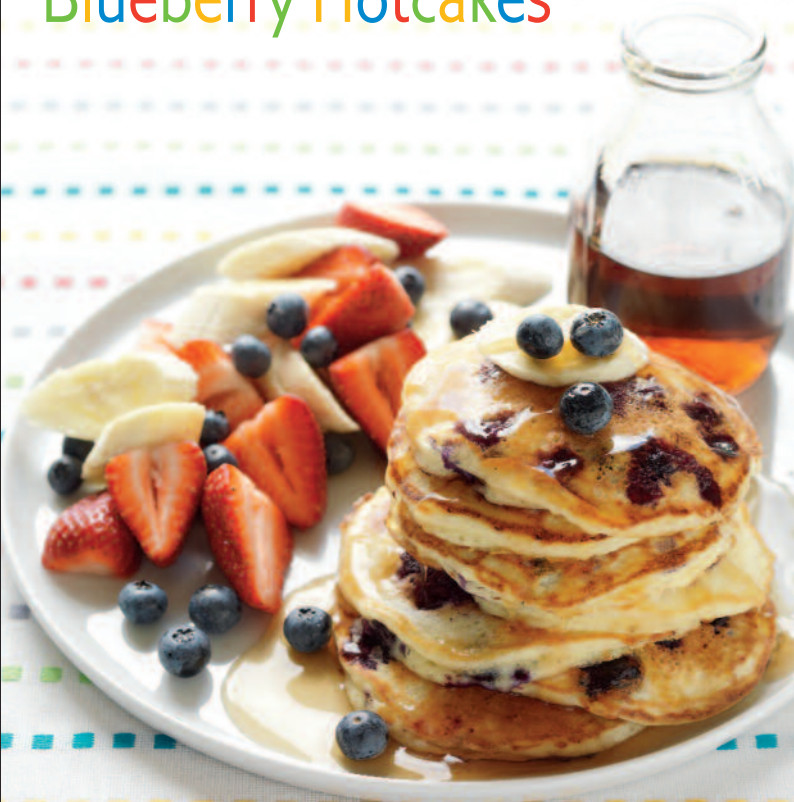


Fresh for Kids® Blueberry Hotcakes



Blueberry hotcakes

Preparation: about 15 minutes
Cooking: about 20 minutes
Serves: 4

1 cup plain flour
2 tsp baking powder
½ tsp bicarbonate of soda
Pinch salt
¼ cup caster sugar
2 eggs, separated
1½ cups buttermilk
150g fresh ricotta cheese, crumbled
150g blueberries
Melted butter or margarine, for greasing
Maple syrup and fresh berries and sliced banana, if liked, to serve

1. Preheat oven to 120°C. Sift flour, baking powder, bicarbonate of soda and salt into a medium bowl. Stir in sugar.
2. Lightly beat egg yolks and buttermilk in a jug. Using a large metal spoon, stir buttermilk mixture, ricotta and blueberries into dry ingredients until just combined. Whisk egg whites in a clean bowl until soft peaks form. Gently fold egg whites through mixture.
3. Heat a large non-stick frying pan over medium heat. Brush with melted butter or margarine. Using ¼ cup mixture per hotcake, cook in batches for 2 minutes or until bubbles appear on surface. Turn hotcakes over and cook for a further 2–3 minutes or until pale golden. Keep warm in oven.
4. To serve, stack hotcakes on serving plates, drizzle with maple syrup and serve with fresh fruit if liked.

Fresh for Kids®
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Blueberries

- A good source of vitamin C which is important for healthy gums.
- A good source of dietary fibre, which is important for a healthy intestine.
- The natural purple pigments are potent antioxidants, which may boost the body's level of these protective compounds.

For fresh fruit and vegetable recipes visit
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