

30 minutes

Serves 4

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

Pancakes:

- 3 eggs, separated
- ¼ cup (60ml) milk
- 1 cup (250g) ricotta cheese
- 1 cup (250ml) pumpkin, cooked and mashed
- 1 cup (250ml) gluten-free flour
- 1 tsp (5ml) baking powder
- 1 tsp (5ml) vanilla essence
- 2 Tbsp (30ml) sugar
- Pinch salt
- ¼ cup (60ml) melted butter + extra for frying

For serving:

- Greek yoghurt, honey, blueberries and ground cinnamon

Method:

1. Whisk egg whites until soft peaks form and beat egg yolks together.
2. Mix all remaining ingredients (except butter) with egg yolks until just combined.
3. Fold through egg whites.
4. Heat butter in a non-stick pan and fry dollops of batter until golden and cooked through.
5. Serve stacked and topped with yoghurt, honey, blueberries and cinnamon.

[Browse more recipes here.](#)