

BLUEBERRY RICOTTA PANCAKES

1 cup GOOD EATS Whole Blueberry Sauce
1/4 cup real maple syrup
1/2 cup all-purpose flour
1/2 teaspoon baking soda
3/4 teaspoon baking powder
1/4 teaspoon salt
1 1/4 cups low-fat ricotta cheese
3/4 cup buttermilk
1 tablespoon honey
3/4 teaspoon finely grated orange zest
2 large egg whites
3 sprays butter-flavored cooking spray

Combine the blueberries and maple syrup in a small saucepan. Keep warm for serving.

In a medium bowl, sift together the flour, baking soda, baking powder, and salt. In another large bowl, mix together the ricotta, buttermilk, honey, and orange zest. Fold the flour mixture into the ricotta mixture until just combined. In a clean mixing bowl, beat the egg whites to soft peaks with the whisk attachment of an electric mixer. Gently fold into the batter.

Heat a nonstick griddle (or a large nonstick pan) over medium-low heat and lightly spray once with cooking spray. Spoon 1/3 cup of batter per pancake onto the hot griddle. When the pancakes are covered with bubbles and the edges are golden brown, about 1 1/2 minutes, flip the pancakes. Cook for another 30 to 45 seconds or until golden brown. If cooking the pancakes in batches, lightly spray griddle with additional cooking spray as needed. Place 2 pancakes on each plate and serve with the blueberry sauce.