

## Ricotta Hotcakes (Australian Style)

Prep Time: 10 minutes | Cook Time: 15 min | Servings: 4

### Ingredients

- 1 cup (250g) ricotta cheese
- 3/4 cup (180ml) milk
- 2 large eggs, separated
- 1 cup (125g) all-purpose flour
- 1 teaspoon baking powder
- 2 tablespoons granulated sugar
- Pinch of salt
- Butter or oil for cooking
- Maple syrup, honey, or fresh berries for serving

### Instructions:

1. In a large bowl, combine ricotta, milk, and egg yolks. Mix until smooth
2. In a separate bowl, sift together flour, baking powder, sugar, and salt
3. Add the dry ingredients to the ricotta mixture and stir until just combined
4. In a clean bowl, whisk the egg whites until soft peaks form
5. Gently fold the egg whites into the batter to keep it light and fluffy
6. Heat a non-stick skillet over medium heat and lightly grease with butter or oil
7. Pour about 1/4 cup of batter for each hotcake onto the skillet
8. Cook for 2-3 minutes, until bubbles form on the surface and the edges look set
9. Flip and cook for another 1-2 minutes, until golden and cooked through
10. Serve warm with maple syrup, honey, or fresh berries

### Notes

- Serve warm with love. Great for gatherings or weeknight meals.

### Estimated Nutrition (per serving):

Calories: 450 kcal

Protein: 21g



## Flavorful Hearts

Fat: 18g

Carbs: 42g



**Flavorful Hearts**

<https://www.flavorfulhearts.com>