
BUCKWHEAT BLUEBERRY & RICOTTA HOTCAKES WITH MAPLE & SEEDS



GF, RSF



20 mins



6-8



Ingredients

- 4 eggs, separated
- $\frac{3}{4}$ cup almond milk
- 1 cup buckwheat flour
- $1\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp sea salt
- 300g fresh ricotta
- 1 cup fresh blueberries
- Coconut oil for cooking

For Serving

- Pure maple syrup
- Extra blueberries
- Sunflower seeds
- Pepitas



Method

1. In a large bowl, stir together the egg yolks, almond milk, buckwheat flour, baking powder and sea salt with a whisk.
2. Next add the ricotta and blueberries and gently mix through, but don't mix too much as we want to keep the ricotta chunks throughout the mixture.
3. In a medium sized bowl, whisk the egg whites until stiff and then fold through the hotcake batter, just enough to make sure the egg whites are mixed through. Again don't mix too much as we want to keep some of the ricotta chunks throughout the mixture.
4. Heat a large frying pan over medium heat and add about a tablespoon of coconut oil to the pan.
5. Scoop about $\frac{1}{3}$ cup of batter or one ladle sized amount into the pan (I could fit about 3 at a time in my pan) and cook them for roughly 2 minutes on the first side.
6. Using a metal spatula, flip the hot cakes over and cook on the other side for another 2 minutes or so. The hot cakes should be golden brown and just cooked through.
7. Repeat with the remaining batter.
8. Serve warm with pure maple syrup, pepitas, sunflower seeds and extra fresh berries.

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