

RICOTTA PANCAKES WITH YOGHURT BANANA AND HONEY

- 2 cups self-raising flour
- 2 teaspoons bicarb of soda
- 1/8 teaspoon of salt
- 4 tablespoons caster sugar
- 1 cup fresh ricotta
- 2 cups skim milk
- 50g unsalted butter, melted
- 1 lemon, rind grated, juiced
- Oil spray, to fry
- Sliced bananas, yoghurt and honey, to serve

Equipment

- Bowls
- Measuring cups and spoons
- Wooden spoon
- Whisk
- Grater
- Juicer
- Egg flip
- Boards

Method

1. Sift the flour, soda and salt into a bowl.
2. Stir in sugar.
3. Melt the butter in a microwave safe bowl (adult supervision required)
4. Grate the rind off the lemon and juice it (adult supervision required)
5. In a separate bowl, combine the ricotta, milk, melted butter, lemon rind and juice, beating well until smooth.
6. Gradually whisk the wet ingredients into the dry ingredients to form a smooth batter.
7. Turn on the electric frypan (adult job) and spray with cooking spray.
8. Pour in 1/4 cup batter to form the pancakes.
9. Cook 4 pancakes at a time over medium heat for 3 minutes until bubbles appear over the surface, then flip over and cook for 1-2 minutes (adult supervision).
10. Note the pancakes do expand so do not place them too close to one another.
11. Serve hot with a spoonful of yoghurt, banana slices and some honey.