

# TEFF PANCAKES WITH RICOTTA CREAM



This weeks Recipe of the Week has been contributed by Sonya Douglas, Perth's 'Mediterranean Dietitian' and founder of the **Dietwise Nutrition Clinics**. A delicious pancake recipe using teff flour and bananas...enjoy.

**Serves:** 4 (makes 6 - 8 pancakes)

**Preparation time:** 5 minutes excluding cooking

## **Ingredients:**

1 cup *teff flour*

2 *free range eggs*

1 *large ripe banana, sliced*

1¼ cups *almond milk*

1 teaspoon *ground cinnamon*

2 tablespoons *maple syrup or rice malt syrup*

1 teaspoon *baking powder*

1 tablespoon *chia seeds, LSA mix or psyllium husks*

## **Ricotta Cream**

1 *large banana*

250g *ricotta cheese*

**Method:**

Combine all ingredients in a food processor and blend until a smooth batter forms. Let stand for 10 minutes to thicken slightly.

Pour mixture into a non-stick pan lightly coated with Australian extra virgin olive oil.

Flip once bubbles appear on the edges. Repeat with remaining mixture

Top with fresh seasonal berries, ricotta cream, a drizzle of maple syrup and your favourite roasted nut and seed combo e.g. hazelnuts, almonds, pecans, pepitas

**Gluten Free | Refined Sugar Free**

**To see more from Sonya visit her [Website](#) or on [Instagram](#)**