

Powerful Living: Mindset + Exercise + Recipes

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Ricotta Quinoa Pancakes With Banana

FREE RECIPE FROM *POWERFUL LIVING: TAKE CONTROL, START TODAY* BY MICHELLE BRIDGES, RICOTTA QUINOA PANCAKES WITH BANANA, PAGE 76.

Fluffy and light, these pancakes are the perfect treat for the weekend. The divine duo of ricotta and quinoa gives you plenty of protein, and the fresh fruit adds natural sweetness – so you don't need to drizzle on calorie-laden maple syrup.

293 calories per serve (1226 kJ)

SERVES: 2

PREP: 10 minutes, plus 10 minutes resting time

COOK: 10 minutes

75g (1/2 cup) plain flour
1 teaspoon baking powder
25g (1/4 cup) quinoa flakes
100 ml low-cal milk
1 egg
1/2 teaspoon honey
1/2 teaspoon vanilla extract
oil spray
1 tablespoon low-cal ricotta cheese
1 small banana, sliced
40g fresh raspberries



1. Sift the flour and baking powder together into a medium bowl. Stir in the quinoa flakes. In a separate bowl, whisk together the milk, egg, honey and vanilla. Add the wet ingredients to the dry ingredients and stir until well combined. Set the batter aside for 10 minutes.
2. Spray a medium non-stick frying pan with oil and place over a medium heat. Spoon 1/4 of the batter (about 1/4 cup) into the pan and spread it out with the back of a spoon to form a circle, approximately 12 centimetres in diameter. Cook for 2 minutes, or until bubbles appear on the surface. Flip and cook for 30 seconds more, or until golden. Repeat to make four pancakes.
3. Place two pancakes on each plate. Top with ricotta, banana and raspberries.

VARIATION: Replace the raspberries with 40g fresh blueberries (292 cals/1222 kJ).