


Ricotta Pancakes with Caramelized Apples



 Yield: 4 servings

 Preparation: 15 minutes

 Cooking: 25 minutes

Caramelized apples

4 medium apples, unpeeled, sliced

½ lemon

375 ml (1 1/2 cups) of maple syrup

45 ml (3 tbsp) of **Neilson, Dairyland or Baxter 33-36% whipping cream**

Pancake batter

400 g (1 2/3 cups) of **Saputo or Bari Ricotta di Campagna**

3 eggs, separate yolks and whites

180 ml (3/4 cup) of **Neilson, Dairyland or Baxter milk**

160 ml (2/3 cup) of flour

7.5 ml (1 1/2 tsp) of baking powder

A pinch of salt

Neilson, Dairyland or Baxter unsalted butter

In a bowl, toss the apples with the juice of half a lemon.

In a small saucepan, heat maple syrup. Add the apples and cook for 2-3 minutes. Stir in the cream and simmer for 10 minutes. Remove from heat and reserve at room temperature.

In a bowl, combine the ricotta, egg yolks and milk. Add the flour, baking powder and salt and mix well.

In a separate bowl, beat the egg whites until they form soft peaks. Gently fold them into the ricotta batter.

In a skillet, melt some butter and add 45 ml (3 tbsp) of the pancake batter. Cook a few minutes until golden on each side.

Top the pancakes with the caramelized apples and serve immediately.

HEALTHY FACT!

Apples are an excellent source of fibre, particularly when eaten with the peel. An apple a day may indeed keep the doctor away... and help maintain a healthy digestive system.