

Recipe adapted from the [Ontario Tender Fruit Producers' Marketing Board](#).



## Peach and Ricotta Pancakes

1-1/2 c all-purpose flour  
2 T sugar  
1 T baking powder  
1/2 t salt  
1/2 c fat-free ricotta cheese  
1 c skim milk  
2 eggs  
1 t vanilla extract  
1 t lemon zest  
1 T lemon juice  
2 T butter (or butter substitute)  
4 fresh peaches, peeled and sliced

In a large mixing bowl sift together the dry ingredients from the flour through the salt. In a separate bowl whisk together the wet ingredients from the ricotta through the lemon juice. Next add the wet ingredients to the dry ingredients in the large mixing bowl and stir to combine. The batter should be lumpy, do not over mix.

Heat a large skillet or griddle over medium heat and add 2 t of butter to grease the surface. Next pour about three or four, 1/4 c scoops of the pancake batter onto the cook surface. Top each of the pancakes with 3 slices of peaches and cook for 2-3 minutes or until bubbles start to appear on the top and the undersides are golden brown. Then, flip the pancakes and cook for an additional minute (or until cooked through). Repeat the process until all of the batter has been used. (Keep the cooked pancakes warm in an oven heated to 200F.)

Serve pancakes with sliced peaches and warmed maple syrup. Makes approximately 12 pancakes.