



## TEFF PANCAKES WITH RICOTTA CREAM

This week we are teaming up with Sonya Douglas, Perth's 'Mediterranean Dietitian' and founder of the **Dietwise Nutrition Clinics**. Sonya is passionate about the Mediterranean diet and sees its benefits on a daily basis with her patients. She runs a busy clinic in Wembley, WA and loves to share and inspire with tasty and nutritious recipes.

It was a pleasure to work with you Sonya.

*'Journey back in time with this ancient Ethiopian grain, high in protein, fibre and resistant starch to create an alluring twist on a beloved breakfast classic. The mild, nutty flavour paired with fresh seasonal berries and ricotta cream make this breakfast delight a perfect treat for the summer holidays' - Sonya.*

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

**Preparation time:** 5 minutes excluding cooking

### **Ingredients:**

1 cup teff flour

2 eggs

1 large ripe banana, sliced

1¼ cups almond milk

1 teaspoon ground cinnamon

1 teaspoon vanilla paste (or vanilla powder)

2 tablespoons maple syrup, rice malt syrup or agave

1 teaspoon baking powder

1 tablespoon chia seeds, LSA mix or psyllium husks

1 scoop (30g) whey protein isolate powder (optional)

### **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](#)**