

RFSS Recipes

Our Healthy Dish Recommendation

Honey, Mango and Ricotta Pancakes

Ingredients:

- 100g self-raising flour
- 225ml semi-skimmed milk
- 2 medium eggs
- 1 tbsp vegetable oil
- 200g ricotta
- 1 tbsp icing sugar
- 1 orange, grated
- 1 mango, peeled, deseeded and sliced
- 4 tbsp runny honey

Method:

- Whisk together the flour, milk and eggs until you have a smooth batter. Leave to stand for 20 minutes. Line a dinner plate with baking parchment.
- Put a 20cm non-stick frying pan over a medium heat. Add a little of the oil and swirl around the pan. Pour a ladleful of batter into the pan, swirling so the batter covers the base in a thin layer. Cook the pancake for 30 seconds to 1 minute, then flip it over and cook the other side. Remove from the pan on to the prepared plate.
- Repeat with the remaining mixture until you have 8 pancakes, layering with a sheet of baking parchment between each one to prevent sticking.
- Mash the ricotta with the icing sugar and grated orange zest. Spoon over the pancakes, then top with slices of fresh mango and a drizzle of honey.

