

Prune and Ricotta Hotcakes with Orange, Mint and Prune Salad



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A light, healthy and refreshing way to start the weekend.

SERVES: 4 | LEVEL OF DIFFICULTY: ●○○

Hotcakes

INGREDIENTS

- 250g fresh ricotta
- 170ml milk
- 3 free range eggs
- 170g plain flour
- 1 tsp baking powder
- 100g **Australian Prunes**
- 1 tsp vanilla extract

METHOD

1. Using 2 clean, dry bowls, separate the eggs.
2. Combine the yolks, ricotta, milk and vanilla.
3. Sift in the flour and baking powder. Mix to combine.
4. Whisk the whites to soft peaks and fold into the batter.
5. Roughly chop the Prunes and fold in gently.
6. Lightly grease a non-stick frying pan and place on medium heat.
7. Place 2 tablespoons of mixture into the pan for each hotcake.
8. Cook for about 2 mins then flip over and about 1 minute or until cooked through.
9. Transfer to a plate and assemble with the orange and prune salad.

Orange, Mint and Prune Salad

INGREDIENTS

- 2 oranges
- a few mint leaves
- 6 **Australian Prunes**

METHOD

1. Peel and segment the oranges, squeeze the juice out of the rest. Roughly chop the mint and prunes and toss all together.



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