Manuka Honey and Ricotta Filled Pancakes

EASY • 40 MINS

Mini ricotta-filled pancakes are an easy way to impress guests or treat yourself to an indulgent brekkie on the weekend. Topped with crushed pistachios and a generous pot of Active Manuka Honey for dipping, these bite-sized treats make the ultimate breakfast, brunch, or addition to your platter!



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	20 mins	20 mins	12

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

- 1 1/2 cups plain flour
- 2 tsp baking powder
- 2 tbsp caster sugar
- 1 ½ cups water
- 2 cups full cream ricotta
- 1/4 cup thickened cream
- 1 tbsp Capilano Active Manuka Honey
- 1/4 cup crushed pistachios
- Extra Capilano Active Manuka Honey, to serve

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MG). The higher the MG, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Method

1. To make the filling, combine ricotta, cream and Capilano Active Manuka Honey in a small bowl and stir with a fork until well combined.

2. In a large bowl combine flour, baking powder & caster sugar. Whisk to combine then add water and mix well until the mixture resembles a runny pancake batter. Set aside to rest for 15 minutes.

3. Heat a non-stick pan over medium-low heat. Add batter to the pan a tablespoon at a time and spread each using the bottom of your spoon. The mixture will look glossy when first in the pan, but over time it will bubble and become matte as it cooks. Cook for 1-2 minutes without flipping. Remove cooked pancakes and set aside. Repeat with remaining batter until complete, then allow to cool completely.

4. To assemble, place 1 tablespoon of ricotta mixture in the centre of each cool pancake and pinch the middle together to close it.

5. Dip edges into crushed pistachios to coat each side.

6. Arrange on a plate and when ready to serve, drizzle with Capilano Active Manuka Honey.

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