

Recipe for Quick Whole Grain Blueberry-Ricotta Pancakes

I discovered Bob's Red Mill's [whole grain flours, gluten-free mixes, and baking products](#) about 18 months ago, and their 10-grain pancake mix is one of the only pre-mixed products of any kind I use on a regular basis. Puffy, refined flour pancakes rarely make you feel healthy (or full), but this fiber-rich version really does. I've been known to pack these cold in lunch boxes to wild applause and even to serve them for dinner. Adding a little ricotta and some wild blueberries ups the ante even more.

Makes 25 small pancakes

1 egg
1 tablespoon canola oil
1 cup Bob's Red Mill 10-Grain Pancake & Waffle Mix
1/4 cup ricotta cheese (any kind)
3/4 cup milk (any kind)
1/3 cup frozen wild blueberries
butter and maple syrup, for serving

Preheat your griddle or other pancake-making apparatus over medium-high heat.

In a medium bowl, whisk together the egg and the oil. Stir in the pancake mix with a rubber spatula.

In a small bowl whisk together the milk and ricotta. Stir it into the bowl with the pancake mix. Combine well. Stir in the blueberries.

Spray the griddle with cooking spray. Using a small ice cream scoop (mine was 1-1/4 inches in diameter), scoop dollops of batter onto the hot griddle and cook for about a minute and a half, or until small bubbles appear on the surface. Flip and cook the other side roughly 45 seconds to a minute longer. Repeat until you've cooked the remaining batter. Serve hot with butter and maple syrup.