



Barley Orange Pancakes

1 cup barley flour
1/3 cup all-purpose flour
1/4 cup granulated sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1 cup part skim milk ricotta cheese
1/2 cup 2% milk
1/2 cup orange juice
1 teaspoon grated orange peel
2 large eggs, beaten
3 tablespoons butter, melted
1 teaspoon vanilla
Warm syrup and butter, for toppings

In large bowl, combine flours, sugar, baking powder and baking soda; set aside. In another large bowl, beat together ricotta, milk, orange juice, orange peel, eggs, butter and vanilla. Mix liquid ingredients into dry ingredients until well blended. Heat griddle or frying pan until hot. Spray with non-stick cooking spray. Spoon about 3 tablespoons batter onto griddle. Cook pancake until bubbles appear. Turn and cook until golden brown. Serve with warm syrup and butter. Makes 12 pancakes.

Nutrients per serving (2 pancakes): calories 262, protein 10g, carbohydrates 32g, fiber 2g, fat 12g, cholesterol 101mg, sodium 409mg.

For more recipe ideas, visit www.barleyfoods.org.