

# Ricotta Pikelets with Berry Chia Jam

**Dietary:** VEG, NF

**Allergens:** Dairy, Wheat, Eggs

**Age group:** 12 months+

**Mealtime:** Afternoon tea

**Difficulty level:** Beginner

**Serves:** 10  
**Prep:** 10 mins  
**Cook:** 20 mins

Rating ★★★★★

**MindChamps®**  
early learning & preschool

# Ricotta Pikelets with Berry Chia Jam



Vegetarian



Nut Free

## Ingredients

### BERRY CHIA JAM:

- 2 cups (300g) frozen mixed berries
- 2 tbsp (30g) chia seeds
- 1 tbsp (20ml) maple syrup
- 1 tbsp (20ml) lemon juice

### PIKELETS:

- 1 cup (250g) ricotta, crumbled
- 2 eggs
- 3/4 cup (185ml) milk of choice
- 3/4 cup (100g) wholemeal spelt flour
- 3/4 cup (30g) pumpkin seed meal
- 1 tsp (4g) baking powder
- 1/2 tsp (1g) ground cinnamon
- 1 tbsp (20ml) extra virgin olive oil

## Method

1. To make the berry chia jam, place frozen berries into a medium saucepan, add 1-2 tbsp (20-40ml) of water. Cook on low heat for 6-8 mins, or until berries are softened. Once soft, use a fork to mash to desired consistency, or if preferred, blend until smooth.
2. Sprinkle chia seeds over berry mixture, mix to combine. Add maple syrup and lemon juice. Allow to cool, jam will thicken as it sits and cools.
3. Meanwhile in a medium bowl, using a fork, mash the ricotta, eggs and milk and mix until combined.
4. Add flour, pumpkin seed meal, baking powder, cinnamon and stir until well incorporated.
5. Heat a large frying pan over medium heat and brush with a little oil. Cook pikelets in batches, spooning in heaped tablespoons of batter. Cook for a minute on each side. Continue with remaining batter.
6. Serve pikelets with berry chia jam.

**Storing leftovers:** Serve immediately, store in a container in the fridge for up to 4 days or freeze for up to 4 months.

---

## Tips

- ✓ **For a gluten-free version:** Swap wholemeal spelt for brown rice flour.
- ✓ **For an egg-free version:** Swap egg for an egg replacer such as Macro Egg Replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).
- ✓ **Easy ingredient swaps:** Swap mixed berries for berries of choice.
- ✓ **For a baby-friendly version:** Omit sugar and serve mashed or in finger food-sized pieces.
- ✓ **For fussy eaters:** Serve the pikelets and the jam separately.