






### SLT - ONE CUP PANCAKES

Fluffy, soft and easy to make, this method uses a cup instead of weighing scales to keep things nice and simple. Get creative with your toppings, and enjoy! Breakfast never looked so good.

 5 minutes  
 15 minutes  
 3 portions

## INGREDIENTS

- 125 grams or 1 cup of self-raising flour
- 245 grams or 1 cup of milk, semi-skimmed, pasteurised.
- 1 large egg, [50 g]
- 1 teaspoon of oil, olive [3 g]
- 80 grams of blueberries, frozen
- 1 average pot of yogurt, Greek style, plain [125 g]
- 1 squeeze of lemon juice, fresh [10 g]

## COOKING METHOD

- 1° Fill a cup with the flour and tip into a large bowl. Fill the same cup with milk and pour that into the bowl too, then crack in the egg. Whisk everything together until it's nice and smooth.
- 2° Place a large non-stick frying pan on a medium heat. Once hot, add a small amount of the oil then, once hot and starts to sizzle, add a large spoonful of batter to the pan – you'll need to cook your pancakes in batches.
- 3° Wait for little bubbles to form on the surface of the pancakes, about 1 to 2 minutes, then use a fish slice to flip them over to cook for another 1 to 2 minutes on the other side, or until golden again.
- 4° Carefully wipe out the pan with a ball of kitchen paper, then add another small knob of butter and cook the next batch.
- 5° Serve the pancakes right away with the yogurt and frozen berries.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [213 g]	% DRI
ENERGY	135 kcal	286 kcal	14 %
PROTEIN	5 g	11 g	22 %
CARBOHYDRATE	20 g	43 g	16 %
SUGARS	3 g	6 g	7 %
FAT	4 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	23 %
FIBER	1 g	3 g	11 %
SODIUM	108 mg	230 mg	10 %