

SUGAR FREE PANCAKES

Sugar free Pancakes

 5 minutes 15 minutes 6 portions

INGREDIENTS

- 1/2 teaspoon of oil, olive [2 g]
- 2 large units of egg, whole, raw, fresh [100 g]
- 100 grams of flour, wheat, white, plain, soft
- 300 grams of milk, semi-skimmed, pasteurised, average

COOKING METHOD

- 1° Put flour into a bowl
- 2° Crack in one egg and a small amount of the milk
- 3° whisk with a hand whisk until a smooth paste, adding more of the milk if necessary
- 4° add the second egg and more milk, continue whisking
- 5° Continue doing the milk slowly until it is all in and the mixture is smooth.
- 6° add your oil and whisk in for a few seconds.
- 7° leave to stand and rest for around 10 minutes
- 8° spoon one laden onto a hot pancake pan and spread out until evenly spread.
- 9° Turn once the pancake moves freely from the bottom of the pan
- 10° cook until the desired browning. The pancake will shrink slightly and move freely when cooked.
- 11° Serve with fresh fruit, yogurt and seeds.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [84 g]	% DRI
ENERGY	129 kcal	108 kcal	5 %
PROTEIN	6 g	5 g	11 %
CARBOHYDRATE	19 g	16 g	6 %
SUGARS	3 g	3 g	3 %
FAT	3 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	6 %
FIBER	1 g	1 g	3 %
SODIUM	54 mg	45 mg	2 %