

WHOLEMEAL PANCAKES

Not just for weekends!

 10 minutes

 2 portions

INGREDIENTS

- 80 grams of flour, wheat, wholemeal
- 1/4 heaped teaspoon of salt (2 g)
- 2 level teaspoons of baking powder (8 g)
- 80 grams of milk, soya, non-dairy alternative to milk, unsweetened, fortified
- 1 teaspoon of oil, rapeseed (3 g)

COOKING METHOD

- 1° mix everything except the oil in a jug or protein shaker
- 2° heat the oil in a non-stick pan on a medium heat
- 3° pour the batter in two batches, making a total of four small pancakes or two medium ones

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (87 g)	% DRI
ENERGY	186 kcal	161 kcal	8 %
PROTEIN	7 g	6 g	12 %
CARBOHYDRATE	34 g	30 g	11 %
SUGARS	1 g	1 g	1 %
FAT	3 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
FIBER	5 g	4 g	17 %
SODIUM	1001 mg	866 mg	36 %