



SIMPLE PANCAKES

These mini pancakes are perfect if you can't be bothered to sit there flippin' over a skillet pan. Simply pop in the oven and serve with your favourite toppings!

 5 minutes 20 minutes 10 portions

INGREDIENTS

- 2 eggs, whole, (100 g)
- 1 cup of flour, whole-grain (120 g)
- 1 cup of milk,
- 1/3 cups of butter (68 g)
- 1 tsp of baking powder, (5 g)
- 1 tsp of vanilla extract (4 g)
- dash of lemon juice
- Handful of sugar

COOKING METHOD

- 1° Whisk eggs, milk and vanilla together in a jug. Sift flour, into a large bowl. A baking powder, add lemon juice (It should fizz). Stir in sugar. Make a well in the centre. Add milk mixture. Whisk until just combined.
- 2° Heat a large non-stick frying pan over medium heat. Grease pan with butter. Using 1/4 cup mixture per pancake, cook 2 pancakes for 2 minutes or until bubbles appear on surface. Turn and cook for a further 1-2 minutes or until cooked through. Transfer to a plate. Cover loosely with foil to keep warm. Repeat with remaining mixture, greasing pan with butter or cooking oil between batches.
- 3° Serve with you choice of topping (maple syrup, honey, berries)

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (59 g)	% DRI
ENERGY	230 kcal	136 kcal	7 %
FAT	12 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	2 g	1 g	7 %
CHOLESTEROL	66 mg	39 mg	13 %
SODIUM	129 mg	77 mg	3 %
CARBOHYDRATE	26 g	15 g	5 %
SUGARS	9 g	5 g	—
FIBER	2 g	1 g	5 %
PROTEIN	6 g	4 g	—