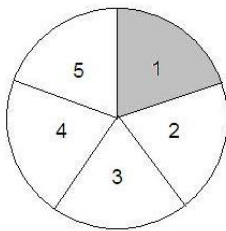


Pancakes

Serves 4

Portions of fruit & vegetables per serving: 1



Hob needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

Contains egg

Contains milk

Ingredients	Amount	Preparation
plain flour	100g (3½oz)	
egg	1 medium	
semi or skimmed milk	300ml (½ pint)	
vegetable oil	1 teaspoon	
mixed fruit - canned (in juice) or fresh	2 tins / 350g fresh (3 tablespoons per person)	drain if using tinned fruit

Please Turn Over

Method

- 1 Sift the flour into a bowl.
- 2 Make a well (hole) in the centre and pour in the egg and milk.
- 3 Carefully beat together with a fork or hand mixer to make a smooth mixture.
- 4 Heat a little of the oil in a frying pan.
- 5 Pour in just enough mixture to coat the base of the frying pan and cook for 1-2 minutes or until the bottom is cooked and golden brown.
- 6 Flip the pancake over and cook for another minute.
- 7 Repeat until all the mixture is used up.
- 8 Serve with tinned or fresh fruit.

145 calories		Per serving
Fat	MEDIUM	3.7g
Saturates	LOW	1.3g
Sugars	LOW	3.9g
Salt	LOW	0.1g

■ HIGH
■ MEDIUM
■ LOW

Handy Hints

- You could fill with a savoury option such as stir-fried vegetables or mushrooms and cheese.
- Eat at breakfast with a glass of fruit juice for a healthy start to the day.