



# HEALTHY PANCAKES

The all time favourite brunch item  
with a healthy twist!

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# HEALTHY PANCAKES

Servings: 4

## INGREDIENTS:

- 50G SELF-RAISING FLOUR
- 50G WHOLEMEAL FLOUR
- 2 MEDIUM EGGS
- 150ML SEMI-SKIMMED MILK OR DAIRY ALTERNATIVE
- 1 TSP CINNAMON
- BANANA, BERRIES, YOGHURT OR HONEY TO SERVE (OPTIONAL)
- 1 TSP OLIVE OIL



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## METHOD:

1. Beat the eggs and milk together in large bowl. Sift over the flour and cinnamon then quickly mix to form a smooth thick batter.

2. Heat a little oil in a non-stick frying pan. Gently drop a spoonful of the batter into the hot pan and cook for 2 minutes until the base is crisp and golden. Flip over and cook further 1-2 minutes. Keep warm on a plate covered with a clean tea towel and repeat until all the batter is cooked.

Serving suggestion: top with a teaspoon of honey, chopped banana and a scattering of walnut halves.

Per average serving:

ENERGY  
642 kJ /  
153 kcal  
**8%**

FAT  
4.7G  
**7%**

SATURATES  
1.4G  
**7%**

SUGARS  
2G  
**2%**

SALT  
0.26G  
**4%**

### IMPORTANT INFORMATION

\*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

**Contains: Gluten, Milk**