



Pancakes (with eggs & milk) with Fruits

BREAKFAST

Servings: 4 Serving size: 1 each

Prep Time: 5 mins. Cook Time: 15 mins

Calories Per pancake: 49

Carbohydrates: 8g • Protein: 2g • Fat: 1g

INGREDIENTS

- 1 $\frac{3}{4}$ cups (8 ounces) whole wheat flour
- 3 $\frac{1}{2}$ teaspoon baking powder
- 1 egg (optional)
- 1 $\frac{1}{2}$ cups (12 ounces) almond/oat/low fat milk or water
- 3 tbsp low fat, low salt margarine, melted

METHOD

1. Sift flour and baking powder and make a well in the centre.
2. In the centre, add egg, pour in milk and beat well with whisk or fork until smooth.
3. Drop batter one large spoonful at a time in a greased, hot frying pan or on a griddle.
Brown on both sides.
4. Serve with fruit jam, freshly sliced fruits or filled with callaloo.



Variation: Try making your pancakes with fresh fruit or vegetables by adding chopped sweet pepper, tomatoes, callaloo, apple dices or even shredded pumpkin into the flour mixture.