Pancakes (with eggs & milk) with Fruits

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 ¾ cups (8 ounces) whole wheat flour
3 ½ teaspoon baking powder
1 egg (optional)
1 ½ 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.