



January 2022



HEALTHY PANCAKES

PREPARATION TIME:

15 mins

COOKING TIME:

30 mins

MAKES:

10-12

INGREDIENTS

50g self-raising flour

50g wholemeal or wholegrain flour

2 small eggs, separated

150ml skimmed milk

berries and low-fat yogurt or
fromage frais to serve

These easy healthy pancakes get their fluffy texture from whipped egg whites. Stack them high with fresh berries and a spoonful of low-fat yogurt

METHOD

Sift the flours into a bowl or wide jug and tip any bits in the sieve back into the bowl. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter – try not to squash out all the air.

Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes.

Serve with your favourite healthy toppings.