

Pancake Recipe

Ingredients

- Plain flour - 100g
- 2 large eggs
- Milk - 300ml
- Vegetable oil - 1tbsp

To serve

- Caster sugar (optional) - 1tsp (5 carbs)
- Lemon juice/wedges (optional)



Method

1. Mix the flour and a pinch of salt together in a large bowl.
2. Make a well (you could even call it a wishing well) in the centre and crack in the eggs whilst making a wish!
3. Beat the eggs into the flour with a wooden spoon and gradually beat in the milk to get a smooth batter.
4. Stir in the oil and allow it to stand for 30 minutes if you have time, or you can start cooking straightaway if you can't wait!
5. Heat a non-stick frying pan and carefully wipe it with some oiled kitchen paper. When hot add a ladleful of the batter and cook for 30 seconds to one minute, until the base is lightly browned. This makes a thin crispy pancake.
6. Gently flip the pancake over and cook on the other side for a few seconds, until lightly browned. Slide the pancake onto a plate, cover with greaseproof paper and keep warm on a low heat in the oven as you go. Repeat the process with the remaining batter until you have your desired number of pancakes.
7. When you are ready to eat, take out your pancake and weigh it to get the correct carbs. (27g carbs/100g weight) Make sure if you add any sweet treat toppings of your choice, to ensure you've also added carbs for those. To give you an idea of the carbohydrate content of your toppings, 1 teaspoon of caster sugar = 5 grams of carbs, 1 teaspoon of granulated sweetener = 0 grams of carbs, and 2 teaspoons of chocolate spread = 8 grams of carbs. Or use the product's label if it is something different.

Recipe taken from BBC good food <https://www.bbc-goodfood.com/recipes/easy-pancakes>



Scan the QR code to view Frances' Kitchen Page.