

FLUFFY WHOLEMEAL PANCAKES

Recipe by: Rachel Clark – World Cancer Research Fund



20 Minutes



Serves 4 people

**Nutrition
per serving**

Calories
152

Fat
3.8g

Sugar
2.7g

Salt
0.3g

Ingredients

- ♥ 115g wholemeal flour
- ♥ ½ teaspoon baking powder
- ♥ 1 egg
- ♥ 210ml semi-skimmed milk
- ♥ 1 teaspoon sunflower oil
- ♥ 160g mixed berries



Method

- 1 Put the flour and baking powder into the mixing bowl and use the back of a spoon to push it out to the edges to make a well in the middle.
- 2 Crack the egg into the middle of the bowl and slowly add the milk, stirring the mixture together as you do it until it becomes a smooth liquid.
- 3 Heat a small drop of oil in a frying pan on the hob and then spoon three tablespoons of pancake batter into the pan to make three small pancakes.
- 4 Let the pancakes cook for about a minute until they are turning brown, flip them over using a fish slice and then cook them for about another minute.
- 5 Use the fish slice to take the pancakes out of the pan and repeat with the rest of the mixture. Top with the mixed berries and serve.