







Calcium*
Vitamin D
Iodine

American Style Fluffy Pancakes

SERVES 12



Ingredients

- 200g self raising flour
- 1½ tsp baking powder
- 300ml dairy free milk of choice
- 2 large eggs (room temperature)
- 1 tsp vanilla extract
- 1 tbsp sugar
- Vegetable oil for frying

Directions

- Put the flour, eggs, milk and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.
- Set aside for 30 minutes to rest.
- Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper. When hot, cook your pancakes for 1 minute on each side until golden, keeping them warm in a low oven as you go.

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Fillings Ideas:
Blueberries, raspberries, sliced banana with honey or maple syrup
Lemon juice and sugar.
Bacon and sausage
Bacon and maple syrup

Lactose & Galactose Free Recipe

Metabolic.ie
National Centre for Inherited Metabolic Disorders