

Wholemeal Pancakes

Calcium* ✓
Vitamin D ✓
Iodine ✓

SERVES 4



Ingredients

- 300ml dairy free milk alternative
- 1 egg
- 125g wholemeal plain flour
- Finely grated zest of 1 orange
- 2 oranges
- 4 teaspoons sunflower oil
- 4 teaspoons caster sugar

Directions

- Place the milk alternative into a blender or food processor, and add the egg, flour and finely grated orange zest. Whisk the mixture together until smooth.
- Use a serrated knife to cut away the orange peel and pith. Cut the oranges crossways into slices.
- Heat the oil in a non-stick pancake pan, add a ladle of mixture, tip the pan so the mixture just covers the base and cook for 30 seconds. Flip the pancake over and cook for another 30 seconds.
- Place the pancake on a warm plate in a low oven and repeat the above method to make 7 more pancakes, inserting a piece of greaseproof paper between each when warming in the oven.
- To serve, fold the pancakes into quarters, add the orange slices and sprinkle with caster sugar.

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

Recipe provided my Alpro

Lactose & Galactose Free Recipe