



FIT FAST COOK

HOMEMADE IS HEALTHY

Big Pancakes



Serves	Prep Time	Cooking	Total Time	Calories
4 people				266 kcal

Stuff that's in it:

- 1 Heaped Tsp Baking Powder
- 180G Self Raising Flour
- 100Ml Skimmed Milk
- 3 Eggs
- 15G Golden Caster Sugar
- 20G Lurpack Lighter

What you do:

Melt your butter in the microwave for a few seconds. Add your flour to a large bowl, add your caster sugar and baking powder, add your eggs, add your butter, whisk, then add your milk and whisk again until thick and bubbly.

Heat a non stick pan and pour out the batter in ladles one at a time, wait until you see bubbles start to rise in the mixture before turning, flip and allow to rise and cook through, repeat.

Add your favourite fruit and yoghurt with seeds

Nutrition

- Carbs: 38g

- Fat: 7g
- Protein: 11g

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