



FLUFFY FRUIT PANCAKES

Ingredients:

- 135G SELF RAISING FLOUR
- 130ML MILK
- 1 LARGE EGG
- 1 TSP VANILLA EXTRACT
- 1 TSP BUTTER (FOR GREASING)
- BLUEBERRIES
- MAPLE SYRUP

Method

- IN A MEDIUM SIZED JUG, BEAT TOGETHER THE MILK, EGG AND VANILLA EXTRACT UNTIL WELL COMBINED.
- ADD THE FLOUR AND MIX WELL UNTIL YOU'VE GOT A SMOOTH THICK BATTER.
- ADD A LARGE HANDFUL OF BLUEBERRIES AND MIX GENTLY (WITH OUT SQUISHING ANY!).
- HEAT A NON-STICK FRYING PAN OVER MEDIUM HEAT FOR 3MINS AND ADD A SMALL KNOB OF BUTTER. POUR AROUND A LADLES WORTH OF MIXTURE INTO YOUR PAN AND WAIT FOR BUBBLES TO APPEAR BEFORE FLIPPING (ABOUT 2MINS EACH SIDE).
- WHEN GOLDEN BROWN POP ONTO A PLACE AND GARNISH WITH FRESH FRUIT AND MAPLE SYRUP INSTEAD OF SUGAR.

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Nutritional Information

MILK - PACKED WITH IMPORTANT NUTRIENTS LIKE CALCIUM, PHOSPHORUS, B VITAMINS, POTASSIUM AND VITAMIN D. PLUS, IT'S AN EXCELLENT SOURCE OF PROTEIN. DRINKING MILK AND DAIRY PRODUCTS MAY PREVENT OSTEOPOROSIS AND BONE FRACTURES AND EVEN HELP YOU MAINTAIN A HEALTHY WEIGHT.

EGGS - EGGS ARE NUTRIENT RICH, HIGH IN QUALITY PROTEIN, RAISE LEVELS OF "GOOD" CHOLESTEROL, A GOOD SOURCE OF OMEGA-3S, VERY FILLING AND HELP WITH WEIGHT LOSS. EGGS ARE AMONG THE BEST DIETARY SOURCES OF CHOLINE!

VANILLA EXTRACT - ANTIOXIDANTS ARE THE MOST SIGNIFICANT BENEFIT OF VANILLA BECAUSE THEY HELP REPAIR YOUR BODY AT THE MOLECULAR LEVEL. THEY'VE ALSO BEEN LINKED TO LESSER RISKS OF VARIOUS DISEASES, SUCH AS CANCER AND DIABETES. PLUS THEY HELP REDUCE THE EFFECTS OF AGING AND PROMOTE MORE VIBRANT SKIN.

BLUEBERRIES - A SUPERFOOD! PACKED WITH ANTIOXIDANTS AND PHYTOFLAVINOID'S, THESE BERRIES ARE ALSO HIGH IN POTASSIUM AND VITAMIN C, MAKING THEM THE TOP CHOICE OF DOCTORS AND NUTRITIONISTS. NOT ONLY CAN THEY LOWER YOUR RISK OF HEART DISEASE AND CANCER, THEY ARE ALSO ANTI-INFLAMMATORY.

MAPLE SYRUP - CONTAINS NUMEROUS ANTIOXIDANTS, GETS A LOWER SCORE ON THE GLYCEMIC INDEX, FIGHTS INFLAMMATORY DISEASES, MAY HELP PROTECT AGAINST CANCER, HELPS PROTECT SKIN HEALTH, GREAT ALTERNATIVE TO SUGAR FOR IMPROVED DIGESTION, SUPPLIES IMPORTANT VITAMINS AND MINERALS.