

# Pancakes Recipe suggestion

Serves 1 (532kcal, 30g protein per serving)



## Ingredients\*

- 1 sachet ProSource Plus Orange Crème flavour
- 1 medium egg
- 100ml whole milk
- 40g plain flour
- 1 tsp oil (plus extra for frying)
- Caster sugar and lemon juice to serve



Serving suggestion

## Method

### Step 1

Add your flour, milk, egg and oil into a jug and whisk into a smooth batter

### Step 2

Mix the ProSource into the mixture

### Step 3

Leave batter to rest for 30 minutes if you have time

### Step 4

Wipe a medium frying pan with some oiled kitchen paper and set over a medium heat

### Step 5

Add about a third of your mixture to the pan and cook on each side for a minute or two, or until golden brown. Repeat until you have used up all of your mixture

### Step 6

Serve your pancakes with lemon juice and caster sugar

*Recipe makes three pancakes. These can be refrigerated and eaten cold later in the day if you are unable to manage all in one sitting.*

\* Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.