

Allergens\*:



Gluten



Milk



Eggs

# Pancakes

Cost  
per person  
**89p**

See  
ingredients  
and cooking  
method  
overleaf...



Serves 2

This simple recipe creates fluffy pancakes at breakfast time. These pancakes are so easy to prepare and make a tasty start to your day.



Equipment

- Blender
- Frying pan
- Weighing scales
- Spoon
- Spatula



everyonehealth  
because everyone matters

\* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

# Pancakes



## Ingredients:

- 50g porridge oats
- 50g self-raising flour
- 1 tsp baking powder
- 200g fat free yogurt
- 200ml milk
- 2 medium eggs
- Fruit as topping
- 1 tsp of vegetable oil



## Method:

Blend the oats, flour, baking powder together until fine and combined.

Add in the eggs and milk and blend again.

Once fully blended, preheat a non-stick pan and spray with a dash of oil.

Dollop circles of the mixture in the pan. Cook each side for 3 minutes and set aside.

Repeat this process until all the pancake mixture is used.

Serve with yogurt and your favourite toppings!