

## **Fate Sweet Pancakes**

If you want to make savoury pancakes, just leave out the sugar in the mixture. You will then have pancakes to fill with any low protein vegetable mixture or other suitable savoury filling

### **Ingredients:**

300g Fate Low Protein All-Purpose Mix

30g Custard Powder (not custard mix)

½ tsp salt

80g caster sugar

75mls oil/ 450mls water

### **Methods:**

1. Place the Fate Low Protein All Purpose Mix into a jug, and stir in the custard powder, salt and caster sugar.
2. Measure the oil and water and place into a separate jug.
3. Then pour half the liquid into the dry ingredients.
4. Using a fork or a whisk mix until smooth, thick and creamy, then add the remaining liquid, and mix until blended
5. Place a frying pan over a gentle heat. Do not add any oil. Add about 2-3 tbsp of pancake mixture to the pan
6. Use the back of the spoon to gently spread the mixture to the edge of the pan.
7. It is important that you do not have the pan too hot to begin with, as the mixture will cook before you have time to spread it.
8. Turn the heat up, and leave the pancake to cook for about 1 minute over a high heat, until the top is dry and the base is golden brown.
9. Turn the pancake over and cook for a further minute or so.

This recipe was provided by Fate Low Protein Foods



*National Centre for Inherited Metabolic Disorders*

