

Loprofin Pancakes 2

Ingredients

80g of Loprofin Low protein mix

20 g of custard powder *

200 mls of Prozero milk

*check protein content on label. Most custard powders (not instant) will be protein free but need to check label

Method

1. Mix all of the above ingredients.
2. Rest for 20 minutes.
3. Then fry using a small amount of oil to fry.