

## Suitable Pancake Toppings

### Protein free toppings:

- Jam
- Marmalade
- Strawberries
- Blueberries
- Raspberries
- Grated apple
- Banana (1 banana any size = free; 2 bananas any size = 1 exchange)
- Frozen mixed berries (defrosted)
- Tinned fruit
- Baked nectarine caramelised in brown sugar with maple syrup
- Sugar
- Icing sugar
- Honey
- Golden syrup
- Maple syrup
- Tinned tomatoes
- Chopped tomatoes
- Sundried tomatoes, olives , drizzle of olive oil
- Peppers
- Mushrooms\*
- Onions
- Lemon Juice & sugar
- Promin chocolate and hazelnut flavour spread
- Melted Vitabite

\* may need to be counted as exchanges

**Toppings with exchanges**

Nutella\*/Panda Two Tone Chocolate Spread\*/Tesco Chocolate spread\*/Tesco Value Chocolate Spread\*/Marks & Spencers Chunky Guacamole\*/Old El Paso Guacamole\*

\*Check protein content on label/1 gram exchange list for amounts that equal 1 gram of protein

**SUGGESTION 1: ADD GRATED APPLE ETC TO THE PANCAKE BATTER TO MAKE SWEET PANCAKES!**

**SUGGESTION 2: ADD GARLIC AND BASIL TO THE PANCAKE BATTER TO MAKE SAVOURY PANCAKES**