**Flippin’ Fantastic Savoury Pancakes**

**Ingredients**

120g low protein all-purpose mix

30g self rasing flour

30g unsalted butter, room temperature

210mls Prozero milk

1 spring onion, finely diced

1 bell pepper, finely diced

1 dessert spoon of dried mixed herbs

¼ tsp. turmeric (for colour)

Oil for frying

**Equipment**

Large mixing bowl, wooden spoon, weighing scales, frying pan, ladle

**Preparation and cooking time**

Preparation time: 15 minutes

Cooking time: 15 minutes

**Serving size**

Recipe makes 9 pancakes (3 pancakes = 1 portion = 1 exchange)

**Nutritional information**

Calories: kcals per portion

Allergens: gluten (self-raising flour), milk (prozero milk)

No of exchanges: 1 exchange per 1 bite

**Method**

 Place the low protein all-purpose mix, self-raising flour, turmeric, mixed herbs and butter in a large mixing bowl.

Rub together with your fingertips until you get sand like texture.

Add the prozero milk, spring onion and bell pepper to the mixture and stir until well combined and a smooth batter is formed.

Heat a non-stick pan over a medium heat for 1 minute.

Place a small amount of oil into the pan.

Ladle of spoon the batter into the pan.

Cook for 3-4 minutes, flip pancake and cook for a further 3-4 minutes until golden.

Repeat with the remaining batter.

**Switches**

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| **To adapt the recipe to contain the following exchanges per portion** | **Add or replace** |
| 2 | Increase the quantity of self-raising flour to 60g and reduce the quantity of low protein flour to 90g ***OR*** replace 90mls of prozero with regular cow’s milk. Therefore 120mls prozero and 90mls cow’s milk  |
| The portion size of the recipe can easily be adjusted according to your baby’s appetite and protein requirements. Remember that the exchanges are coming from the flour (or regular milk if added) in this recipe. **10g flour = 1 exchange****30mls Cow’s milk = 1 exchange** |

**Chef’s tips**

These pancakes are the perfect savoury alternative to traditional sweet pancakes. They are best served stacked with a side of mixed vegetables. These pancakes are a great way of getting extra veggies into your diet.

**Freezing**

Best served fresh due to changes in texture when frozen.