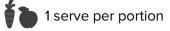
## Pear Pancakes with Fruit Salad

Serves: 4 Prep time: 10 minutes Cook time: 15 minutes



## Ingredients

cup wholemeal flour, self-raising
cup milk, reduced fat
egg, beaten
pear, grated
Extra virgin olive oil
banana, sliced
cups strawberries, sliced
tablespoons natural yoghurt, reduced fat



## Method

WHISK flour, milk and egg in a mixing bowl until smooth.

STIR through the grated pear.

WARM a large non-stick frypan over medium heat. Once hot add a drizzle of oil.

ADD the batter, a spoonful at a time, to the hot pan. You may need to cook the pancakes in a few batches.

WATCH the surface of the pancakes. When bubbles form and the edges begin to look dry, gently lift one edge of the pancake to check for colour. When golden, it is ready to flip. COOK the other side for a few more minutes until the pancakes are cooked through. SERVE with sliced banana and strawberries and a dollop of yoghurt.

Recipe courtesy of Patsy Carrol, Chinchilla Branch

