

Pear Pancakes with Fruit Salad

Serves: 4

Prep time: 10 minutes

Cook time: 15 minutes



1 serve per portion

Ingredients

1 cup wholemeal flour, self-raising

1 cup milk, reduced fat

1 egg, beaten

1 pear, grated

Extra virgin olive oil

1 banana, sliced

2 cups strawberries, sliced

4 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.



Everyday Food

Recipe courtesy of Patsy Carrol, Chinchilla Branch