

Tuesday  
**21<sup>ST</sup>**  
February



## Strawberry Pancakes With Nutella

### METHOD

1. Add the dry ingredients together and stir well. Now mix the wet ingredients together in another bowl.
2. Very thinly slice the strawberries. Slowly mix the dry and wet ingredients together and gently stir in the strawberries, mix until blended.
3. Lightly grease a medium sized pan with oil and Drop about 1/4 cup of the mixture on it.
4. Spread it lightly around the pan and leave to cook until golden brown on the bottom. Flip over the pancake with a palette knife, and cook the other side until it is golden brown. Slide the pancake out of the pan on to a plate. Heat a little more butter and cook the remaining pancakes one at a time in the same way. Keep in warm oven until ready to serve.
5. When ready to serve, spread a thin layer of Nutella on top of each pancake and top with sliced strawberries

### INGREDIENTS

- 180 grams/ 1-1/4cups plain flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 egg whites, whipped lightly
- 250 ml/ 1 cup milk
- 1/2 tsp vanilla extract
- Olive oil spray for frying
- 120g Nutella (20g/ 1tbsp per pancake)
- Approx 2 cups strawberries plus extra for topping
- Handful of chopped pistachios ( optional)

### NUTRITIONAL INFORMATION

Serving Size 161g  
Serves: 6

Preparation time: 15 minutes  
Difficulty: Easy/Kid Friendly

	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1100kJ (263Cal)	685kJ (164Cal)
<b>Protein</b>	8.4g	5.3g
<b>Fat, Total</b>	8.3g	5.1g
- Saturated	3.2g	2.0g
<b>Carbohydrate</b>	36.9g	23.0g
- Sugars	14.7g	9.2g
<b>Dietary Fibre</b>	2.5g	1.6g
<b>Sodium</b>	445mg	277mg

**Ingredients:** Strawberries (37%), Milk, Wheat Flour, Nutella (12%) (Sugar, Vegetable Oil, Hazelnuts (13%), Skim Milk Powder (8.7%), Fat-Reduced Cocoa, Powder (7.4%), Emulsifier (Soy Lecithin), Flavouring (Vanillin)), Egg White, Baking Powder (Mineral Salts (450, 500), Starch (Wheat)), Salt, Vanilla Extract (Invert Sugar, Glucose, Vanilla Bean Extract, Water, Preservative (202)), Olive Oil.  
**Contains:** Wheat, Egg, Milk, Soybean, Tree Nuts.

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