

Ingredients

100g plain flour 2 large eggs 300ml milk

1 tablespoon sunflower or vegetable oil, plus a little extra for frying lemon wedges to serve (optional) caster sugar to serve (optional) 1 teaspoon = 5g carbs granulated sweetener (optional) 1 teaspoon = 0g carbs chocolate spread (optional) 1 tablespoon of chocolate spread (Nutella) = 8.6g

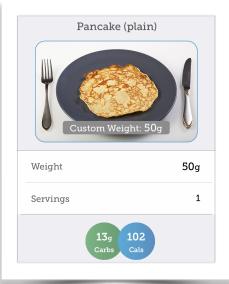
STEP 1: Put 100g plain flour, 2 large eggs, 300ml milk, 1 tablespoon sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

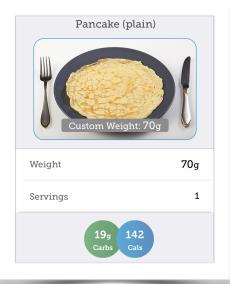
STEP 2: Set aside for 30 mins to rest if you have time, or start cooking straight away.

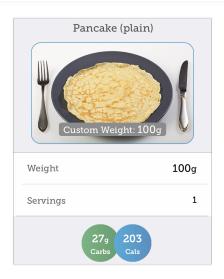
STEP 3: Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

STEP 4: When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

STEP 5: Weigh out your pancake to work out the correct carbs, then add the topping of your choice. To give you an idea of the carbohydrate content of your toppings, 1 teaspoon of caster sugar = 5 grams of carbs, 1 teaspoon of granulated sweetener = 0 grams of carbs, and 1 tablespoon of chocolate spread = 8.6 grams of carbs. (Consult the products packaging if you need any further help working out the carbs). There are 3 example pancakes below from Carbs'n'Cals to help you estimate the carbs in your pancakes.







Bon appétit