

# Easy Pancake Recipe

## 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'Cal to help you estimate the carbs in your pancakes.

Pancake (plain)




Custom Weight: 50g

Weight	50g
Servings	1

13g Carbs    102 Cals

Pancake (plain)




Custom Weight: 70g

Weight	70g
Servings	1

19g Carbs    142 Cals

Pancake (plain)



Custom Weight: 100g

Weight	100g
Servings	1

27g Carbs    203 Cals

Bon appétit