



COME ON

LET'S
**DO
THIS**

Fat	Saturates	Sugar	Salt
LOW	LOW	MED	LOW

per 100g

Portions
fruit & veg
per serving
1

Fruity pancakes

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

**Recipe includes a
healthy boost**

Serves 4 | prep 15 mins | cook 15 mins

Fruity pancakes

Add a **healthy boost** to your breakfast pancakes with frozen blueberries and stewed apples. These tasty wholemeal pancakes will quickly become a family favourite.

Ingredients

- 125ml skimmed milk
- 1 egg, beaten
- 75g wholemeal flour
- ¼ tsp baking powder
- 1 tbsp granulated sweetener
- To serve: 4 dessert spoons 0% fat Greek style yoghurt.

Healthy boost ingredients

- 2 apples, cored and finely chopped but not peeled
- 160g frozen blueberries.

Top tips

- You could use most fruits for the filling – try stoned plums, peaches or apricots in season.

Method

1. Add the beaten egg to a bowl then beat in the milk
2. Add the flour and baking powder to another bowl then stir in the egg/milk mixture to make a smooth batter
3. Meanwhile, add the apple to a pan with the blueberries and heat gently for 5 minutes. Now add the sweetener, cook 2–3 minutes and set aside
4. Lightly oil a hot frying pan. Spoon ¼ of the mixture into a flat pan and gently swirl so the mixture spreads around the pan. Cook each pancake for 1–2 minutes then flip and cook the other side for 1 minute
5. Add the fruit filling, roll up and serve with a little 0% fat yoghurt.



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
148	2.2g	0.5g	11.1g	0.2g
7%	3%	3%	12%	3%

% = an adult's reference intake

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