



Healthy  
Eating

# Recipe of the week

## Scotch Pancakes

### Ingredients

- Serves 6
- 100g [4oz] of wholemeal self-raising flour.
- 2tbsp. of granulated sweetener.
- 1 egg beaten.
- 150ml [1/4 pint] of skimmed milk
- A little spray oil

### Step 1

Spray a little oil in the pan.

Mix together the flour, sugar, egg and milk in a bowl, mix to consistency of thick cream – try not to over beat.

### Step 2

Heat the pan and drop spoonful on the surface.

### Step 3

Let the bubbles come to the surface – takes 2-3 mins. Turnover and repeat on the other side.

Serve with fat free Greek yoghurt and blueberries / strawberries / banana