



Pancakes with nuts, golden syrup & apple

Is there a better way to start the day than with pancakes? No is the simple answer! This recipe includes the toppings of crushed nuts, apple and golden syrup to top it off 😊

This recipe is for 1 person
eating two pancakes



What you'll need:

Frying pan, mixing bowl, measuring jug, weighing scales, whisk, spatula for flipping

Approximate nutritional value per serving

Ingredients

- 75g plain flour
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tbsp stevia
- 100ml soya milk
- 25ml water
- 1 tsp oil for frying
- $\frac{1}{2}$ tbsp golden syrup
- 20g mixed chopped nuts
- $\frac{1}{4}$ apple

Method

1. In a mixing bowl or jug combine the dry ingredients
2. Add in the soya milk and water and whisk together, this can be easily done with a handheld whisk
3. Heat the oil in a frying pan over a medium heat and put half of the mixture in the pan
4. Cook for about 3-4 minutes each side then do the same with the rest of the mixture
5. Arrange your toppings in a pretty pattern and voila!

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|----------------------------|--------|
| Calories kcal | 316.05 |
| Fat grams | 12.98 |
| <i>Of saturates</i> | 1.99 |
| <i>Polyunsaturated</i> | 2.58 |
| <i>Monounsaturated</i> | 6.4 |
| Carbohydrates grams | 44.81 |
| <i>Of fibre grams</i> | 3.6 |
| <i>Of sugars grams</i> | 8.93 |
| Protein grams | 8.7 |
| Sodium mg | 0.2 |
| Calcium mg | 82.8 |
| Iron mg | 0.62 |
| Potassium mg | 136.2 |
| Salt mg | 0.095 |
| Vitamin A mcg | 0.6 |
| Vitamin C mcg | 1.02 |

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