



Low potassium pancakes

Prep: 5 minutes • Cook: 20 minutes • Serves: 4



Ingredients

200g plain flour (gluten-free if required)
2 eggs (or 1 tablespoon chickpea flour and 2 tablespoons water for a vegan alternative)
500ml semi-skimmed milk or a unsweetened plant-based milk
2 tablespoons oil
320g blueberries

To serve

200g low fat natural yoghurt

- 1** Add the flour, egg (or chickpea flour and water) and half the milk into a large jug or bowl. Beat to a smooth paste, then stir in the remaining milk to make a thin batter.
- 2** Lightly oil a medium non-stick pan and heat until hot. Spoon a small quantity of batter into the pan to form two small pancakes. Drop a handful of the blueberries into each pancake.
- 3** Cook the pancakes, loosening the edges, until the base is golden. Gently turn over and cook the other sides. Repeat until all the batter is used, keeping the pancakes warm on a plate until you are ready to serve. You may need to add a little more oil as you go.
- 4** Serve into four stacks of pancakes, topping each portion with natural yoghurt and the remaining blueberries.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✓
Carbohydrate **57.5g**
Low protein ✗
Low salt ✓
Cost per portion (July 2022) **£1.39**
Energy in kcals **333**