



Ashley's pancakes (family)



Serves: 2-4

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Red Hill Besan flour mix	100	g		
Orgran egg replacer (mixed)	1	tsp (mixed with 1 Tbsp water)		
Nuttelex margarine (melted)	1	Tbsp		
Queen pure maple syrup	200	mL		
Lemons	2	pieces/serve		
Sugar sachets	12			

Procedure

Step 1: Melt Nuttelex.

Step 2: Mix egg replacer with water to form paste.

Step 3: Mix egg replacer and Nuttelex together.

Step 4: Using a whisk, mix well flour with water to form a consistency exactly like pouring cream.

Step 5: Mix flour mix and egg replacer/Nuttelex mixes together.

Step 6: Pre-heat flat grill to low-med heat.

Step 7: Using a jug, pour pancake mix onto flat grill and cook, turning once till cooked.

Step 8: Serve pancakes with maple syrup, lemon and sugar.

Common allergens present:

<input type="checkbox"/> Milk (dairy)	<input type="checkbox"/> Egg	<input type="checkbox"/> Fish	<input type="checkbox"/> Crustacean	<input type="checkbox"/> Mollusc
<input type="checkbox"/> Sesame	<input type="checkbox"/> Lupin	<input type="checkbox"/> Soy	<input type="checkbox"/> Peanut	<input type="checkbox"/> Wheat
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats	<input type="checkbox"/> Rye	<input type="checkbox"/> Gluten	
Tree nuts:				
<input type="checkbox"/> Almond	<input type="checkbox"/> Brazil nut	<input type="checkbox"/> Cashew	<input type="checkbox"/> Hazelnut	<input type="checkbox"/> Macadamia
<input type="checkbox"/> Pecan	<input type="checkbox"/> Pine nut	<input type="checkbox"/> Pistachio	<input type="checkbox"/> Walnut	