POWER-PACK PANCAKES

A flourless pancake made with cottage cheese, eggs and oats.

These pancakes are really versatile; you could add cinnamon to the batter for a sweeter pancake, and the topping possibilities are endless! Try sliced fruit with a drizzle of honey or a dollop of Greek-style yogurt, peanut butter, lemon juice with a sprinkle of sugar or go savoury with grilled mushrooms & tomatoes.

Skills Check: Follow a recipe; Follow food safety and hygiene rules; Tidy away; Crack an egg; Use the hob (with adult supervision).

Equipment: Jug, hand blender, small non-stick frying pan, spatula, knife, chopping board.

Allergens*: Gluten | Milk | Eggs

Ingredients (Serves 2):

- 115g cottage cheese
- 40g porridge oats
- 3 medium eggs
- 1 tsp vegetable oil

Optional Toppings

- Fresh fruit
- 1 tsp honey
- 2 tbsp Greek yogurt
- 1/2 tsp sweet cinnamon

Method

1. Crack the eggs into a jug, then add the cottage cheese and oats.

2. Blend with a hand-held blender until smooth.

3. Heat the oil in a small frying pan, then add half the pancake batter mix.

4. Fry the pancake for a couple of minutes, and when solid enough to lift, use the spatula to flip onto the other side. Cook this side for another few minutes. Both sides should be golden brown. Lift onto a plate and cover with kitchen foil to keep warm.

5. Repeat these steps with the rest of the batter mix to make a second pancake.

6. Add toppings of your choice and enjoy a power-packed start to your day!

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

POWER-PACK PANCAKES
Nutrition Information
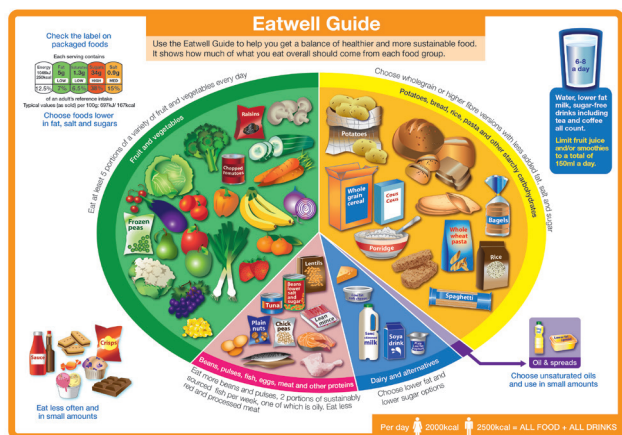
Eatwell Guide

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day

- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible

- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options

- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)

- Choose unsaturated oils and spreads and eat in small amounts

- Drink 6-8 cups/glasses of fluid a day

So, thinking about Power-Pack Pancakes..

Eggs are an excellent source of protein, vitamins and minerals. Protein is essential for building and repairing our bodies.

Cottage cheese is an excellent source of protein, and has less calories than other types of cheese.

Oats provide starchy carbohydrate, which gives us slow-release energy, and they are also a good source of fibre.

Energy, sugar, fat and salt per serving

Per 147g serving

	ENERGY 1122kJ / 269kcal	**13%**
MED	**FAT** 14.8g	**21%**
MED	**SATURATES** 4.4g	**22%**
LOW	**SUGARS** 1.8g	**2%**
MED	**SALT** 0.7g	**12%**

% of an adult's reference intake
Typical values per 100g : Energy 763kJ /183kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage