



Ashley's pancakes



Ingredients	Quantity	Common allergens present	Alternative ingredients/modifications
Red Hill Besan flour mix	100g		
Orgran egg replacer mixed	1 tsp mixed with 1 tbsp water		
Nuttelex margarine, melted	1 tbsp		
Maple syrup	200mL		
Lemons	2 pieces/serve		
Sugar sachets	12		

Method

1. Melt Nuttelex.
2. Mix egg replacer with water to form paste.
3. Mix egg replacer and Nuttelex together.
4. Using a whisk, mix well flour with water to form a consistency exactly like pouring cream.
5. Mix flour mix and egg replacer/Nuttelex mixes together.
6. Pre-heat flat grill to low-med heat.
7. Using beer jugs, pour pancake mix onto flat grill and cook, turning once till cooked.
8. Serve pancakes with maple syrup, lemon and sugar.



Common allergens present:

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|-------------------------------------|---------------------------------|------------------------------------|---------------------------------|-----------------------------------|
| <input type="checkbox"/> Wheat | <input type="checkbox"/> Gluten | <input type="checkbox"/> Egg | <input type="checkbox"/> Peanut | <input type="checkbox"/> Tree nut |
| <input type="checkbox"/> Cow's milk | <input type="checkbox"/> Fish | <input type="checkbox"/> Shellfish | <input type="checkbox"/> Sesame | <input type="checkbox"/> Soy |
| <input type="checkbox"/> Lupin | | | | |