

Pancakes are a simple yet satisfying dessert option that can be served with many delicious toppings.

However toppings with cream, ice-cream and sweet syrups are often high in saturated fat and refined sugars. By using fruit for sweetness, extra spices for flavour and lower fat dairy options, we can turn this delicious dessert into a healthier option, or even a weekend breakfast.

## Pancakes (Serves 4)

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✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
1 ¾ cups milk	Use skim milk to reduce saturated fat.	1 ¾ cups skim milk
1 egg	None	1 egg
2 cups self-raising flour	Swap for wholemeal to increase fibre.	2 cups wholemeal self-raising flour
½ cup caster sugar	Replace with banana to reduce refined sugars and increase fibre, vitamins and minerals.	1 small banana, mashed
¼ teaspoon bicarbonate soda	None	¼ teaspoon bicarbonate soda
25g butter, melted	Use salt reduced margarine instead to reduce saturated fat and sodium intake	25g salt-reduced margarine, melted
4 scoops vanilla ice-cream	Changing to yoghurt will increase protein and calcium, as well as reduce saturated fat.	200g reduced fat plain yoghurt
	Add mixed berries for additional flavour, colour and nutrients.	2 cups mixed berries
4 tablespoons honey	Add cinnamon and vanilla to mixture for flavour and a sweet taste.	2 teaspoons ground cinnamon 2 teaspoons vanilla extract

### Method

1. Use a large jug to whisk milk, egg, cinnamon and vanilla together. Set aside.
2. Combine flour, banana and bicarbonate of soda in a large mixing bowl. Slowly add the milk mixture and stir with a whisk to form a smooth batter. Set aside.
3. Brush a non-stick fry pan with a small amount of margarine. Heat on stove top over medium temperature.
4. Pour ¼ cup of batter into the pan. Cook for 1-2 minutes, or until bubbles can be seen on the surface of the pancake. Flip and cook for an additional 1 minute or until a golden colour. Remove from pan and repeat with remaining mixture.
5. Divide pancakes between 4 plates. Top with yoghurt and berries.



	Nutritional Comparison			
	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy (kJ)	2880	904	1718	490
Protein (g)	15	4.7	17	4.9
Fat total (g)	18	5.5	7	2
– Saturated fat (g)	11	3.4	1.6	0.5
Carbohydrate (g)	118.5	37	62	18
Fibre (g)	2.5	0.8	11	3.2
Sodium (mg)	721	226	697	199