



**re:fresh**  
your health and wellbeing  
**RECIPES**

## LIGHT AND TASTY YOGHURT PANCAKES

**10 MINS TO PREPARE AND  
2-5 MINS TO COOK**

**SERVES 8 PANCAKES**

### INGREDIENTS

- 1 medium egg
- ½ cup lemon fat free yoghurt
- ½ cup semi skimmed milk
- 2 tablespoons of oil
- 1 tablespoon of sugar
- ½ teaspoon nutmeg
- 1 cup plain flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda

\*Add berries/fruit or maple syrup

### METHOD

1. Beat the egg in a bowl and mix in the fat free yoghurt, milk and oil, stir in the sugar and nutmeg.
2. In a separate bowl combine the flour, baking powder and baking soda.
3. Add flour mixture to the liquid and mix, the batter will be thick.
4. Grease the frying pan and pour ¼ of a cup of batter into the pan.
5. Cook the pancakes until they bubble then turn.
6. Each mixture makes 8 pancakes.