



FLAVONOIDS

Flavonoids are a group of nutrients found in plants and can contribute to improved brain function. They can be found in foods like cranberries, bananas, red and purple grapes, teas, turmeric and citrus fruits.

Wholegrain Pancake with Peanut Butter & Banana

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Chef Chin Kim Voon

Ingredients

- Whole wheat flour ½ cup
 - Low fat milk..... 1 cup
 - Peanut butter (unsalted)..... 1 Tbsp
 - Margarine (melted)..... 2 Tbsp
 - Baking powder 1 tsp
 - Banana 1 slice
 - Eggs..... 2
- (Strawberries & blueberries for garnishing)*

Nutritional Information (300 g per serving)

- Energy 520 kcal
- Carbohydrate 42 g
- Protein 17 g
- Fat 26 g
- Saturated Fat 7 g
- Cholesterol 150 mg
- Dietary Fibre 6 g
- Sodium 570 mg

Cooking Method

1. Mix flour, baking powder in a medium bowl, set aside.
2. Warm milk in a pot until lukewarm and remove from heat. Whisk milk, margarine and eggs together until blended.
3. Make a well in centre of the flour mixture, pour in milk mixture and mix well. Do not over mix the batter.
4. Heat a large pan over medium heat, lightly brush pan with margarine and spoon ¼ cup batter onto pan.
5. When the edges look dry, and bubbles start to appear and pop on top surfaces of pancake, turn over. Cook for a further 1-2 minutes or until lightly browned and cooked in the middle.
6. Serve warm with unsalted peanut butter and banana. Use strawberries and blueberries for garnishing if desired.