

WHOLE-WHEAT APAM BALIK



Serves 4



Prep: 70 mins



Cook: 10 mins



INGREDIENTS

50g Whole-wheat flour
50g Self-raising flour
1 tsp Baking powder
2 tbsp Sugar
1 Egg, medium
½ tsp Yeast, instant
2 tbsp Peanut butter
20g Peanuts, roasted & crushed

METHODS

1. In a large mixing bowl, add in whole-wheat & self-raising flour, baking powder, sugar, egg, yeast and 130ml of water.
2. Whisk for 5 mins and cover batter with cling wrap. Let it rest for 1 hour.
3. Once batter is ready, heat non-stick pan (size 24cm) and keeping it at low heat while you gently pour in the batter.
4. Swirl the pan to let batter coat side approximately 1/3 of the sides of the pan.
5. Cook until some bubbles are visible on top and cover with a lid. Cook for 5 mins or until batter is fully-cooked.
6. Remove apam carefully from the pan and transfer to a cooling rack.
7. Spread with peanut butter and sprinkle with peanuts before placing it on a large plate.
8. Fold it in half and cut into 4 slices. Enjoy while hot!



WHOLEGRAIN
WEDNESDAY



MEATLESS
MONDAY

Nutrition Information (per serving)

Energy 236kcal, Carbohydrate 27.4g, Protein 8.3g, Fats 9.9g, Saturated Fats 1.8g, Polyunsaturated Fats 1.3g, Monounsaturated Fats 6.2g, Cholesterol 53.7mg, Dietary Fibre 2.9g, Sodium 248mg, Potassium 279mg, Phosphate 192mg



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