

SWEET PANCAKES

Recipe makes
3 servings

Prep time
10 minutes

Cook time
10 minutes



NUTRITION INFO PER SERVING (1 Pancake)

Calories 230

Protein 0.2 g

Phenylalanine 11 mg

INGREDIENTS

3/4 cup (85 g) low protein bread mix

1 ½ Tbsp sugar

1 ½ Tbsp butter

1 ½ Tbsp baking powder

5 fl oz rice milk, original

1/2 Tbsp vegetable oil

DIRECTIONS

- 1 Add low protein bread mix, sugar, butter, and baking powder to a large mixing bowl; rub together with your fingers until butter is evenly distributed and mix resembles sand.
- 2 Whisk in rice milk gradually until a smooth batter is formed.
- 3 Heat a non-stick frying pan over medium heat and add oil.
- 4 Spoon 2 to 3 tablespoons of batter into the pan, spreading into a circle.
- 5 Cook until the top of the pancake begins to bubble, then flip over and cook until both sides are golden brown.
- 6 Repeat until all mixture is used.

SERVING SUGGESTION

For a fun twist, use cookie cutters to shape your pancakes as stars, hearts, or animals.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

For more recipes, please go to our website [VitafloUSA.com](https://www.vitaflousa.com) and follow us on Instagram [@vitaflousa](https://www.instagram.com/vitaflousa) and on facebook [@Vitaflo Vitafriends](https://www.facebook.com/VitafloVitafriends).

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2023 Nestlé.



Enhancing Lives Together
A Nestlé Health Science Company