



AYMES Shake Compact

# Pancakes



## Ingredients

**makes 3 pancakes**

- 1 sachet AYMES Shake Compact, Banana, Vanilla or Strawberry
- 50g plain flour
- 1 medium egg – beaten
- 100ml full fat milk
- 1 tbsp cold water
- Sunflower or vegetable oil for frying

## Instructions

- 1 Place the flour and AYMES Shake Compact in a bowl and mix together, add the beaten egg and then gradually whisk in the milk and water. Alternatively, you could use an AYMES shake container – place broken egg in container and beat with a fork, add the milk, flour and AYMES Shake Compact, mix around with a fork and add the water. Place on filter and then the lid. Shake well for 20-25 seconds. Remove lid and filter, stir around again with the fork. Place on filter and lid and shake well again for 15 seconds until fully blended.
- 2 The batter will make 3 pancakes in a medium sized frying pan (20cm/8inch). Heat 1-2 teaspoons of oil in a frying pan. When hot, pour batter into the middle of the pan to cover, swirl around to thinly coat the base. Cook for 2 minutes until the underside is lightly browned, toss over and brown on the other side. Lift out onto a plate and keep warm until all the pancakes are cooked.
- 3 Add a little more oil to the pan before cooking the next pancake.

## To serve: top with one of our suggested toppings below

Sliced banana, chocolate spread or chocolate sauce

Blueberries drizzled with chocolate or toffee sauce

Raspberries with runny honey or golden syrup

Strawberries and ice cream

Sugar and lemon juice

The pancakes are suitable for freezing.

Place in a freezer bag or wrap in foil.

1 pancake\*

kcal  
**225**

protein  
**8.5g**

carbohydrate  
**26g**

\*Nutritional information will vary slightly dependent on the different brands, flavours and ingredients used. These figures are based on AYMES Shake Strawberry flavour.

For more recipes or information on AYMES Shake Compact, visit [aymes.com](https://aymes.com)