



Mango and Coconut Pancakes



Serves
4



Prep
10 minutes



Cooking
15 minutes



Mango and coconut make the perfect marriage in these delicious dairy-free pancakes.

	Calories	Sugars	Fat	Saturated Fat	Salt
221g	354	14g	15g	9.6g	0.31g
RI%	18%	16%	21%	48%	5%

Method

- 1 Drain the can of Princes Mango Slices with Juice. Chop one piece finely or mash with a fork. Set aside.
- 2 Put the flour and salt into a large bowl and add the egg, coconut dairy-free milk alternative and vanilla extract. Beat together using a hand whisk to make a smooth batter. Stir in the desiccated coconut and the chopped or mashed mango.
- 3 Heat a non-stick frying pan and add a few drops of oil. Cooking in batches, ladle in the batter to make small pancakes. Cook until the batter just sets on the surface, then flip over to cook the other side – about 1-2 minutes. Continue until all the batter is used up.
- 4 Serve the pancakes topped with the remaining Mango Slices, sprinkled with coconut flakes and drizzled with a little syrup or honey, if you like.

Ingredients

- 432g can Princes Mango Slices with Juice
- 150g plain flour
- Pinch salt
- 2 eggs
- 200ml coconut dairy-free milk alternative
- 1/2tsp vanilla extract
- 40g desiccated coconut
- A few drops of vegetable oil
- Coconut flakes, toasted (optional)
- Golden syrup or honey, for drizzling (optional)

