



# Peachy Pancakes



 Serves  
4

 Prep  
15 minutes

|          | Calories | Sugars | Fat  | Saturated Fat | Salt |
|----------|----------|--------|------|---------------|------|
| per 100g | 103kcal  | 7.1g   | 1.2g | 0.3g          | 0.2g |
| RI%      | 5%       | 8%     | 2%   | 2%            | 3%   |

## Method

1. Put the flour, salt and rolled oats into a mixing bowl. Add the egg and milk and beat with a whisk to make a smooth batter. Allow to stand for 10 minutes.
2. Heat a few drops of vegetable oil in a frying pan and pour in one quarter of the batter. Cook over a medium high heat for 1-2 minutes until set on the surface, then flip the pancake over to cook the other side. Keep in a warm place while you cook the remaining batter to make 4 pancakes in total.
3. Share the Princes peach chunks between the pancakes and serve with Greek-style yogurt. Drizzle honey or maple syrup over each one and sprinkle them with ground cinnamon (if using).

**Cook's tip:** To save time, you could buy ready-made pancakes and heat them according to pack instructions.

## Ingredients

2 x 220g cans Princes Peach Chunks with Juice, drained  
100g plain flour  
Pinch salt  
1 egg  
200ml milk  
Few drops of vegetable oil  
8 tbsp low fat Greek-style yogurt  
4 tsp clear honey or maple syrup  
Pinch ground cinnamon (optional)

