

Sweet Pancake



- Preparation time: 5 minutes
- Cooking time: 5 minutes
- Recipe makes 1 large pancake

Recipe provides approximately:

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	48%	
LCT	15g	36%	
Protein	8g	8%	
Carbohydrate	7g	7%	
Energy (calories)	375kcal	100%	



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Ingredients	Quantity	Your recipe
Egg, beaten	30g	
Butter, melted	15g	
MCTprocal™	32g	
Water	10g	
Liquid sweetener e.g. Hermesetas	1 - 2 drops	
Spray oil	1 spray	
Sugar free maple/pancake syrup e.g. Waldon Farms	A drizzle	

Method

1. Mix all ingredients together into a smooth batter.
2. Heat spray oil in a small frying pan over medium heat and add batter.
3. Cook for 2 minutes, flip pancake and cook for a further 2 minutes until golden brown.
4. Roll pancake then drizzle with sugar free maple/pancake syrup.



- Ensure pan is hot before adding the mixture
- Recipe can make 2 smaller pancakes (10g MCT each)



Always check with your dietitian what is suitable for you

- Serve with cream or fruit
- Serve with sweetener and lemon juice



MCTprocal is a food for special medical purposes and must be used under medical supervision