

Savoury Pancake



1.8:1 ratio

- Preparation time: 5-10 minutes
- Cooking time: 5 minutes
- Recipe makes 1 portion

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	26g	13.5g LCT
		12.5g MCT
Protein	10g	
Carbohydrate	4.5g	
Energy (calories)	292kcal	



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Ingredients	Quantity	Your recipe
Egg, beaten	10g	
Butter, melted	10g	
MCTprocal™	20g	
Water	5g	
Cheddar cheese, grated	10g	
Spray oil	1 spray	
Tomatoes, chopped	20g	
Ham, chopped	20g	

Method:

1. Mix egg, melted butter, MCTprocal™ and water to make a smooth batter.
2. Add grated cheese to the batter.
3. Heat spray oil in small frying pan over medium heat and add batter.
4. Cook for 2 minutes, flip pancake and cook for another 2 minutes until golden brown.
5. Add chopped tomatoes and ham to top of pancake.
6. Fold pancake or serve as it is.



- Ensure the pan is hot before adding batter



Always check with your dietitian what is suitable for you

- Vary the filling e.g. serve with smoked salmon and cream cheese



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