**Pancake Day: Brunch pancakes! (serves 6)**

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| Ingredients | Method |
| 2 medium eggs, separate the yolk from egg whites  175ml skimmed milk  150g self-raising flour  Sunflower oil spray  150ml low-fat crème fraiche  Squeeze of lemon juice  250g smoked salmon, torn  Chopped fresh chives to garnish | 1. Whisk the egg whites until they create soft peaks. 2. Seperately mix together the milk and 2tbsp of water, whisk in the and egg yolks. 3. After these are mixed together, whisk in the egg whites. 4. Heat up a frying pan with some sunflower oil before adding the batter. You can fit around 3 pancakes in the pan at a time, flip over once golden on the top. 5. After making the pancakes, mix the crème fraiche and lemon juice together before adding the salmon to the pancakes and adding the crème fraiche and chives on top to garnish. |

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| kcal | fat | saturates | carbs | sugars | fibre | protein | salt |
| 217 | 6.3g | 1.6g | 23.6g | 4.5g | 1.4g | 17.9g | 2.5g |

Per Serving