

## Step 3 on the iMAP Milk Ladder

### UK Home Recipe Sheet 3 – Pancake

#### Ingredients

- 125g (1 cup) plain wheat flour (can use wheat-free/gluten-free flour)
- 10g (2½ tsp) baking powder (check it is wheat/gluten-free if necessary)
  - A pinch of salt
- 30 ml (2 tbsp) sunflower or canola oil
- 250 ml (1 cup) milk
- 50 ml (¼ cup) water

#### Oil to fry

#### Method

1. Add all the dry ingredients into a mixing bowl
2. Whisk the oil, milk and water together, before adding to the dry ingredients
3. Whisk thoroughly together to make a smooth batter
4. Heat the oil in a frying pan until smoking, then pour in some batter to coat the bottom of the pan
5. Once golden, flip the pancake and cook the other side
6. Serve immediately or keep warm by piling on top of each other between sheets of baking parchment

#### Step 3 Notes

- 1 pancake provides 1.47g of milk protein
- Start with ½ pancake; increase to 1 pancake before moving on to the next Step of the Milk Ladder

*[Your healthcare professional will guide you on the length of time you should stay on each stage of Step 3 (pancake), before moving to the next Step of the Milk Ladder]*

See the **iMAP Milk Ladder** for information on the remaining Step