

1 serving= 3.72g protein = 3.5 exchanges

Porridge Pancakes

Serves: 1



Ingredients*:

- 30g porridge oats**
- 1 medium banana*** – mashed (approx. 60g)
- ½ tsp ground cinnamon
- ½ tsp vanilla essence**
- 1 tsp Loprofin Egg White Replacer



Method:

1. Mix 1 tsp Loprofin Egg White Replacer with 5 tbsp hot water and 3 tbsp cold water. Allow to cool.
2. In a jug, mix together the oats, mashed banana, cinnamon, vanilla essence and Loprofin Egg White Replacer with an additional 3 tbsp hot water.
3. Heat a non-stick pan over a medium heat. Cook the pancakes one by one. This recipe makes 4-5 pancakes.

Equipment: Mixing jug, Non-stick frying pan



Serving
Suggestion

Loprofin Egg White Replacer is a Food for Special Medical Purposes and must be used under medical supervision.

* Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

** Please check the protein levels on food labels.

*** This food taken in large quantities can add a significant amount of protein to the diet.