

Buttermilk Pancakes with Rhubarb

Ingredients:

4 servings

1½ cups self-raising flour

1 tsp vanilla essence

1 tbsp sugar

1 rhubarb, thinly sliced

400 ml (1 ⅔ cup) buttermilk

light spray of canola or olive oil

1 egg, lightly beaten

Directions:

- 1 Sift flour into a mixing bowl, stir in sugar and make a well in the centre. Whisk buttermilk, egg and vanilla together with a fork and add the rhubarb. Finally add to the dry ingredients. Stir together until just combined - the mixture will be slightly lumpy. Don't over beat the mixture or the pancakes will be tough.
- 2 Spray a nonstick frying pan with oil and place over medium heat. Put ⅓ cup batter into the pan, and cook for about 1½ minutes, until bubbles appear on the surface. Turn over and cook a further 1 minute or until lightly golden.

Tip: Top with fruit salad.

Nutrition (per serving):

Energy	226	kcal
Fat	2.6	g
Carbohydrates	40	g
Fibre	1.5	g
Protein	10	g
Sodium	100	mg