

Nutrition for Outside School Hours Care • an NAQ Nutrition program

Dairy Free | Egg Free | Nut Free | LOW in amines, salicylates, glutamates

EQUIPMENT: Mixing bowl, spoon, frying pan, measuring cups, measuring spoons

INGREDIENTS	Serves 10	Serves 20	Serves 50
Plain white/wholemeal flour	1 cup	2 cups	5 cups
Baking powder	2 tsp	1 Tbsp	2 ½ Tbsp
Caster sugar	1 Tbsp	2 Tbsp	½ cup
Egg Replacer* e.g. Orgran	Equivalent to 1 egg	Equivalent to 2 eggs	Equivalent to 5 eggs
Soy or rice milk	¾ cup	1½ cups	3¾ cups
Canola or sunflower oil	4 Tbsp approx	¼ cup approx	¾ cup approx

*check the allergen status information on the packets

METHOD:

1. Add dry ingredients to a mixing bowl
2. Make a well in the centre and add egg substitute.
Gradually add soy milk and stir until batter is smooth
3. Brush fry pan with canola oil and heat to medium heat
4. Pour in enough batter for a few small pancakes. Flip pancakes when bubbles appear on the surface
5. After browning the second side, transfer to plate.
Repeat until all batter is used
6. Serve with golden syrup and drained stewed pears for children requiring diets low in Salicylates and Amines, otherwise top with sliced banana + honey



ALLERGY MODIFICATIONS	INSTRUCTIONS
To make Gluten Free	<ul style="list-style-type: none"> Remove wheat flour and replace with gluten free flour. Check baking powder is gluten free or use a commercial gluten free self raising flour mix If egg replacer is required check the brand is gluten free
To make Soy & Dairy Free	<ul style="list-style-type: none"> Remove soy milk and replace with either rice milk or sparkling mineral water. If sparkling water is used – fold in the flours gently and mix lightly If using gluten free flours check soy flour is not used

VARIATIONS:

- Use whole eggs to replace egg replacers if permitted. If egg replacer is not available then remove the sugar and replace with equivalent volume of golden syrup
- If salicylates and amines are not a problem use a vegetable oil of choice and fruit based topping e.g. jam, honey or sliced fruit
- Make banana fritters by slicing banana thinly and coating each banana in the pancake mix. Continue as per pancake recipe
 - Note that this addition will increase the amine content of the recipe
- Try savoury pancakes –
 - Add 1 cup grated vegetables (e.g. zucchini or carrot) per 10 serves
 - Remove the sugar used in the recipe
 - Note that adding these vegetables will increase the salicylate content of the recipe
- Try gluten free savoury pancakes:
 - Use ½ Besan (chickpea flour) + ½ rice flour with added grated vegetables
- To make a thinner pancake (crepe) add more water until the desired consistency is reached

HANDY HINTS:

- Separate each pancake with baking paper and serve as soon as possible after cooking
- Common brands of baking powder are often gluten free and stated on the package
- Baking powder can be deleted for a heavier, flatter pancake