

# 食譜

## Recipes



## Rainbow Pancake

### Ingredients:

Cake flour (sifted)	1 cup
Baking powder	1 teaspoon
Egg (beaten)	2 pieces
Low-fat milk	1 cup
Margarine (melted)	1 tablespoon
Fresh mixed fruit	1 cup

(Remark: 1 cup ≈ 240 ml)

(Serves about 4 persons)



### Seasoning:

Sugar	2 teaspoons
Strawberry jam	2 tablespoons

### Method:

1. Pour the cake flour into a bowl. Add and mix together the baking powder and sugar. Add the beaten egg, milk and margarine to make the pancake batter. Blend the batter until smooth. Set aside.
2. Heat a pan. Pour the pancake batter (approx. 2 tablespoons) into the pan. Pan-fry each side of the pancake for approx. 2-3 minutes or until golden.
3. Repeat step 2 as needed.
4. Apply a thin layer of strawberry jam on the pancakes. Serve the pancakes with mixed fruit.



### Nutrition Tips

1. Preparing snacks with fruit, e.g. adding fruit into children's favourite pancakes, can make the dish more tasty and healthy.
2. Replacing the commonly used syrup with fruit and jam can provide us with more nutrients, such as vitamins, minerals and dietary fibre.
3. Cooking with non-stick cookware can reduce the amount of oil used and make the food more aromatic, crispy and delicious.