



Ingredients

- 200 ml Fresubin 2 kcal Fibre DRINK Vanilla
- 160 g flour
- 2 eggs
- 2 egg whites
- 8 table-spoons vanilla sugar (120 g)
- 2 tea-spoons baking powder
- 2 tea-spoons butter or margarine

Nutritional information per serving:

- Energy108 kcal
- Protein3.8 g
- Fat2.0 g
- Carbohydrate18.0 g
- Fibre.....0.6 g



Alternative products:

- Fresubin® Original DRINK
- Fresubin® Energy/Fibre DRINK
- Fresubin® 2 kcal DRINK
- Fresubin® Protein Energy DRINK
- Fresubin® Energy Fibre DRINK

Preparation

Mix 2 eggs with Fresubin 2 kcal Fibre DRINK Vanilla. Add flour, baking powder and sugar and mix. Whisk the egg whites until stiff and fold into the batter. Let the batter stand for one hour.

Melt butter/margarine in a pan, pour in a ladle of batter and fry for 2 minutes on each side.

Enjoy the pancakes warm.

TIP:

Enjoy the pancakes with icing sugar or with cinnamon and sugar.