



Mini Blueberry buttermilk pancakes topped with Nutella and Strawberries

METHOD

1. Beat egg yolks well, then whisk in the buttermilk and melted butter.
2. Sift dry ingredients over egg mixture and fold in.
3. When you are ready to cook the pancakes, whisk egg whites to soft peaks and fold into batter.
4. Lightly grease a heavy bases frying pan and spoon in around ¼ cup batter.
5. Cook until bubbles form on uncooked side.
6. Before flipping the pancake, scatter a few blueberries onto the pancake and then flip.
7. Cook until golden.
8. Keep in warm oven until ready to serve.
9. When ready to serve, simply spread layer of Nutella on top of each pancake and top with chopped strawberries.

INGREDIENTS

- 3 eggs
- 500 ml/ 2 cups buttermilk (use regular milk if preferred)
- 60 grams/ ¼ cup butter, melted
- 300 grams/ 2 cups plain flour
- 1 tsp bicarbonate of soda
- 250 grams / 1 cup fresh or frozen blueberries
- 250 grams/ 1 cup chopped strawberries
- 120g Nutella (20g / 1tbsp per pancake)
- Olive oil spray for frying

NUTRITIONAL INFORMATION

Serving Size 266g
 Serves: 6-8

Preparation time: 20 minutes
 Difficulty: Medium

	Average Quantity per Serving	Average Quantity per 100g
Energy	2010kJ (479Cal)	753kJ (180Cal)
Protein	15.3g	5.8g
Fat, Total	19.8g	7.4g
- Saturated	9.6g	3.6g
Carbohydrate	57.9g	21.7g
- Sugars	21.4g	8.0g
Dietary Fibre	3.6g	1.3g
Sodium	269mg	101mg

Ingredients: Buttermilk (31%), Wheat Flour, Strawberries (15%), Blueberries (15%), Egg, Nutella (7%) (Sugar, Vegetable Oil, Hazelnuts (13%), Skim Milk Powder (8.7%), Fat-Reduced Cocoa, Powder (7.4%), Emulsifier (Soy Lecithin), Flavouring (Vanillin)), Butter (Cream, Water, Salt), Baking Powder (Mineral Salts (450, 500), Starch (Wheat)), Olive Oil.
Contains: Wheat, Egg, Milk, Soybean, Tree Nuts.

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