Breakfast

Golden Thin Pancakes with Ground Rice

Delicate lacy pancakes made with ground rice and cornflour for a light, tender bite. Cooked one at a time in a hot pan until golden on both sides.



Vegetarian | Low sugar

10 min	139	18.6 g	2.2 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 100 g ground rice
- [ ] 25 g cornflour
- [ ] 2 eggs, beaten
- [ ] 300 ml semi-skimmed milk
- [ ] a little oil for frying

Method

- [ ] 1 Whisk the ground rice, cornflour, beaten eggs and semi-skimmed milk together in a bowl until smooth.
- [ ] 2 Heat a medium non-stick pan and brush it with a little oil for frying.
- [ ] 3 Stir the batter, then pour a ladleful into the pan, tilting it so the batter covers the base. Cook for 1-2 minutes on each side until golden.
- [ ] 4 Stir the batter before each new ladleful and repeat until it is all used up.
- [ ] 5 Turn the pancakes out onto a plate and serve.

Nutrition Facts

Per serving

Calories	**139**
Total fat	4.7 g
Saturated fat	1.3 g
Sodium	Not listed
Total carbs	18.6 g
Fiber	0.4 g
Total sugars	2.2 g
Protein	5.4 g

diabic.com/recipes

Scan to open this recipe and its shopping list