



## High prebiotic diet recipe: Lupin pancakes

### Ingredients:

- 1 cup (125g) lupin flour
- 1 cup (125g) plain wheat flour
- 2 large eggs (cracked weight 95g)
- ~235ml low fat milk
- 2 rounded tsp (7g) baking powder
- 1 rounded tsp cinnamon – dutch
- 1 pinch (2g) salt
- Fresh yoghurt to serve
- Watermelon and/or pomegranate to serve



### Method:

- Weigh or measure all ingredients into a food processor or thermomix
- Process until smooth. The mixture should be thick paint consistency
- Rest 15 mins
- Heat some butter in a frypan until it starts to slightly brown
- Pour mixture into ~12cm pancakes
- Cook until bubbles start to burst on the top
- Flip and cook ~ 1 min on the other side (pancakes should be golden on both sides so adjust heat accordingly)