

Lamington Pancakes



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Pancake Tuesday, Desserts, Vegetarian



Ingredients

- 4 eggs
- 1½ cups self-raising flour
- 1½ cups (375mL) skim milk
- 1 tbs low fat spread
- 4 tbs strawberry jam
- 200g chocolate
- ½ cup shredded coconut
- 1 dollop of cream

Method

1. Sift flour into a bowl. Make a well in the centre. Whisk together the milk and eggs in a large bowl.
2. Add the milk mixture to the flour mixture, whisking constantly until a smooth batter forms.
3. Heat a non-stick frying pan over low heat and melt a little low fat spread.
4. Add 2 tablespoons of mixture, spread quickly to form a circle. Cook until bubbly, a little dry around the edges, and lightly browned on the bottom; turn and brown the other side.
5. Meanwhile, melt 100 grams of chocolate until silky.
6. Spread chocolate and jam over each pancake before sprinkling with shredded coconut.
7. Add a touch of decadence by serving with a dollop of cream.

Notes

Take your pancakes to new heights by serving in a layered stack or use a crepe batter and roll your creations.

For a classic take on pancakes be sure to check out our [Best Pancakes recipe](#) today!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
285g	3050kj 729kcal	18.8g	31g	23.7g	90.6g	53.5g	549mg	5.6g