

# Pancake Tacos



Preparation time: 50 mins  
Serves: 12 people  
User Rating: ★★★★★

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Get ready to flip for our Pancake Tacos! Leave the fork and knife in the drawer and start folding and rolling these pancakes around your favourite sweet fillings. We won't taco 'bout how good this one is, you'll have to make it for yourself to see. Grab all the steps below.



## Ingredients

### Caramelised Fruit Filling

- 40g butter
- 2 Tbsp brown sugar
- ¼ cup maple syrup
- ¼ fresh pineapple, peeled, cored and diced (approx. 2cm)
- 125g blueberries

- 250g small strawberries, hulled and halved
- 2 small bananas, sliced thickly

### Pancake Taco

- 1 ½ cups plain flour
- 1 Tbsp baking powder
- 2 Tbsp caster sugar
- 3 eggs
- 1 cup milk
- 50g unsalted butter, melted
- 1 tsp vanilla extract (optional)
- Whipped cream or mascarpone to serve

## Method

### Fruit Filling

1. Heat butter, sugar and maple syrup together in a frying pan over medium heat until bubbling and hot.
2. Stir in pineapple and cook for 3-4 minutes or until just softening. Add blueberries, strawberries and banana and continue cooking, stirring until warmed through and just slightly softened.
3. Transfer to a bowl to cool.

### Pancake Taco

1. Mix the flour, baking powder and sugar together in a large mixing bowl.
2. Whisk eggs, milk, butter and vanilla until well combined. Make a well in the centre of the dry ingredients and whisk in the milk mixture to make a smooth batter.
3. Heat a large, lightly greased non-stick frying pan over medium heat. Working in batches of 2-3, pour shallow ¼ cups of batter into the pan. Not too close together so they have plenty of room to spread and have a round shape.
4. Cook pancakes for 1-2 minutes, until bubbles break on the surface and underside is golden brown. Flip over and cook for 1 minute. Wrap cooked pancakes in a clean tea towel so they remain warm and pliable.
5. To serve, fold one pancake into a taco shape and spoon in fruit. Top with a dollop of cream. Prop up the 'taco' using 2 glasses on each side to keep its shape.
6. Repeat with remaining pancakes, using the tacos to support each other. Serve immediately drizzled with any extra sauce.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
<b>130g</b>	<b>914kJ</b> <b>218kcal</b>	<b>4.6g</b>	<b>8.5g</b>	<b>5g</b>	<b>29.2g</b>	<b>15.1g</b>	<b>248mg</b>	<b>1.7g</b>	<b>1.1µg</b>

All nutrition values are per serve.