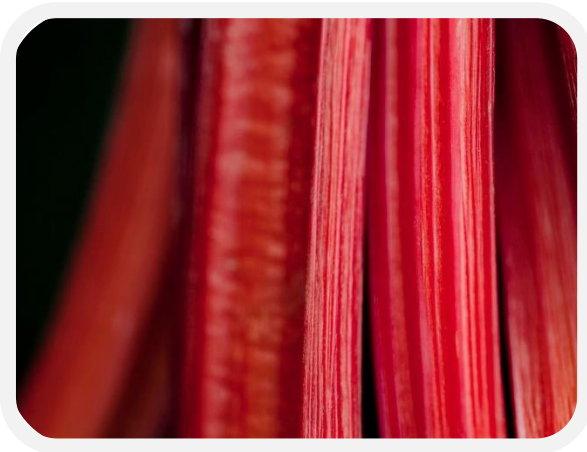


# February

## RHUBARB PANCAKES

Flip into February with some yummy Rhubarb Pancakes  
Celebrate Pancake Day with a burst of fruity fun



Rhubarb is rich in antioxidants that keep cells of the body healthy. Although botanically a vegetable, its used more as a fruit.

### RECIPE INGREDIENTS

#### Serves 4

- 175g Wholemeal Flour
- 2 Eggs
- 350ml Milk (blue or green carton)
- 400g Rhubarb (cut into 2 inch pieces) (3 medium sticks)
- 1 medium Orange (juiced and zested) (150g)
- Pinch ground cinnamon
- Vegetable Oil to coat base the pan (Rapeseed or Olive)

### COOKING INSTRUCTION AND NOTES




1. Mix flour, eggs, milk until smooth batter consistency (either in large mixing bowl or blender).
2. Put rhubarb, orange juice, zest and cinnamon in pan and cook until rhubarb collapses and softens.
3. Melt the oil in a frying pan swirling to coat the entire pan.
4. Pour in the pancake batter to coat base of pan, cook for about 1 minute until brown, then flip over and cook other side.
5. Remove to plate to keep warm whilst the other pancakes cook.
6. Serve with rhubarb compote.

**For children under 1 year of age:** For infants requiring pureed or mashed texture serve the rhubarb compote with some porridge or natural yoghurt.

**Serving Suggestions:** Serve with natural yoghurt or Fromage Frais for an easy desert of breakfast.

**Tips:** Other fruits that go with pancakes include berries, banana, stewed apples, or plums.

**Food Labelling and Allergen Information**

EU Label values per 100g				Serves <b>4</b>	
	PER 100G	%RI	PER SERVING	%RI	
Energy(Kj)	<b>460</b> kJ	5%	<b>1197</b> kJ	14%	<p style="text-align: center;">CONTAINS:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>WHEAT</p> </div> <div style="text-align: center;">  <p>EGGS</p> </div> <div style="text-align: center;">  <p>MILK</p> </div> </div>
Energy(kcal)	<b>109</b> kcal	5%	<b>285</b> kcal	14%	
Fat	<b>3.2</b> g	5%	<b>8.2</b> g	12%	
<i>of which saturates</i>	<b>0.8</b> g	4%	<b>2</b> g	10%	
Carbohydrate	<b>13</b> g	5%	<b>34</b> g	13%	
<i>of which sugars</i>	<b>2.5</b> g	3%	<b>6.5</b> g	7%	
Fibre	<b>2.5</b> g	10%	<b>6.6</b> g	26%	
Protein	<b>5</b> g	10%	<b>13</b> g	26%	
Salt	<b>0.09</b> g	2%	<b>0.23</b> g	4%	