Pancake Batter

INGREDIENTS

Stage	Ingredients	Weight per serving	%	Mix weight (grams)
1	Plain flour (white)	8.34	27.79	106.00
1	White hemp seed protein isolate (75%)	2.28	7.60	29.00
1	Baking powder	0.35	1.18	4.50
1	Salt (table)	0.16	0.52	2.00
1	Sugar (white caster)	1.57	5.24	20.00
2	Milk (full fat)	5.90	19.66	75.00
2	Whole egg (fresh)	3.93	13.11	50.00
2	Water	5.90	19.66	75.00
2	Vegetable oil	1.57	5.24	20.00
	TOTAL	30.00	100.00	381.50

Suitable For

- Vegetarian diet
- Halal diet

Other Benefits

- From sustainable source
- Nut free
- Soya free

Potential Health Claims

- Protein

Method

1. Mix all stage 1 ingredients plain flour, white hemp seed protein isolate (75%), baking powder, salt and caster sugar together.
2. Mix all stage 2 ingredients milk, egg, water and vegetable oil together, then fold it in with the dry mix to form a batter.
3. Lightly oil a fry pan and cook until golden brown on each side over a medium heat, approximately 30g each.