

(Depending on size, Makes 12 Pancakes)

Pancakes

Ingredients

- 1 1/2 cups all-purpose (plain) flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon Natvia
- 3 tablespoons butter, melted
- 1 egg
- 1 1/4 cups milk
- cooking spray



Method

1. Sift together flour, baking powder, salt, and Natvia in a large bowl.
2. Whisk in melted butter, egg, and milk until combined. Let batter rest for 5 minutes.
3. Preheat a large skillet over medium-high heat. Spray with cooking spray.
4. Pour batter into the hot skillet, about 1/4 cup of batter for each pancake. Cook for 2 to 3 minutes, until bubbles appear on the sides and centre of each pancake.
5. Flip and cook until golden, about 1 to 2 minutes.

Notes...

To keep with the low sugar theme, top with butter or Rice Malt Syrup or even the new take on Nuttella, **Nuttvia** made by Natvia it only has 2g of sugar per serve whereas the Nuttella has 57 g per serve.

