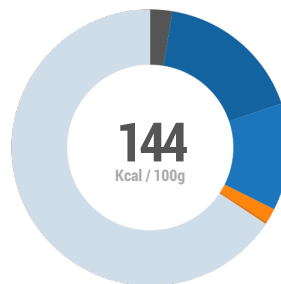


Pancakes with Caramelised Banana & Mixed Berries

American style pancakes with fresh blueberries, raspberries and strawberries, warm caramelised banana, maple syrup, natural yoghurt and sprinkled with pistachios

Overview ...



WEIGHT:

29.8% Carbs

2.6% Protein

1.9% Fat

66% Water

Food Labelling...

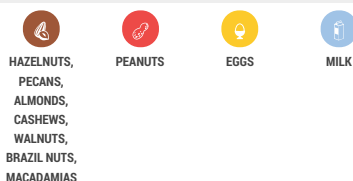
Serves 1

CONTAINS:



WHEAT PISTACHIOS SOYA

MAY CONTAIN:



HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, MACADAMIAS, PEANUTS, EGGS, MILK

OTHER PROPERTIES:



VEGETARIAN VEGAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
136364 - 136364 Crepe Cuisine American Style Vegan Pancake.. - BRAKES	120g	3x Each
106066 Tate & Lyle Fairtrade Icing Sugar 1kg.. - BRAKES	5g	
100535 Brakes Pure Canadian Maple Syrup.. - BRAKES	20g	
118561 Alpro Plain Yoghurt Alternative 500g..	2g	
450610 Strawberries..	45g	
8823 Brakes Pistachio Kernels.. - BRAKES	5g	
10354 Bananas (19 Oct 2023)..	60g	Approx. 1 x Each
149605 - 149605 Blueberries.. - BRAKES	15g	0.15 x Each
149607 - 149607 Raspberries.. - BRAKES	15g	0.19 x Each

Products / Pack Sizes ...

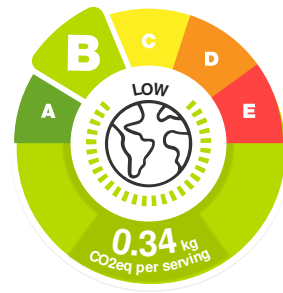
1 Serving



Product code
Barcode
 287g / 420kcal
 # 1

Sustainability & Foodprint...

Component	Grade	Contribution
Food Production		0.38kg
120g 136364 Crepe Cuisine American Style Vegan Pancake	B	0.19kg
5.00g 106066 Tate & Lyle Fairtrade Icing Sugar 1kg	A	0.00kg
20.0g 100535 Brakes Pure Canadian Maple Syrup	B	0.03kg
2.00g 118561 Alpro Plain Yoghurt Alternative 500g	B	0.00kg
45.0g 450610 Strawberries	B	0.08kg
5.00g 8823 Brakes Pistachio Kernels	A	0.00kg
60.0g 10354 Bananas (19 Oct 2023)	A	0.05kg
15.0g 149605 Blueberries	A	0.01kg
15.0g 149607 Raspberries	A	0.01kg
Water Usage		682l
120g 136364 Crepe Cuisine American Style Vegan Pancake	6	556l
5.00g 106066 Tate & Lyle Fairtrade Icing Sugar 1kg	2	4.46l
20.0g 100535 Brakes Pure Canadian Maple Syrup	4	36.8l
2.00g 118561 Alpro Plain Yoghurt Alternative 500g	4	3.32l
45.0g 450610 Strawberries	1	15.6l
5.00g 8823 Brakes Pistachio Kernels	1	0.00l
60.0g 10354 Bananas (19 Oct 2023)	2	47.4l
15.0g 149605 Blueberries	2	12.7l
15.0g 149607 Raspberries	1	6.20l



64% Data Quality Score

Your Transport & Packaging:

✓ 1 Serving 287g (serves 1)

Cooking Instructions & Notes

Preparation:

Defrost the pancakes

Quarter the strawberries

Cut the banana lengthways then into halves

Roughly chop the pistachios

Method:

1. Dust the banana halves with the icing sugar - reserve a little for finishing the dish
2. Place onto a tray and put under a hot grill until evenly caramelised
3. Mix the berries together with the maple syrup
4. Put the pancakes into a microwave & heat on high power for 30 secs
5. Place the pancakes onto a plate and spoon over the berries then sprinkle over the pistachio
6. Place the banana on top of the pancakes, drizzle over the yoghurt and garnish the dish with icing sugar - serve!

| Generated by Nutritics v5.96 on 14th Mar 2024. Last Modified 14th Mar 2024.

| U Ref Code: | Last Modified: 14 Mar 2024 | Nutritics ID:U7540127