



Pancakes



Dessert

Pancakes

Preparation time: 10 minutes

Cooking time: 2 minutes each

Makes: 3 pancakes

- ### Ingredients
- 250ml Renastep™ (2 bottles)
 - 1 egg
 - 100g plain flour
 - ½ tsp vanilla extract
 - sunflower oil

- ### Method
1. Place the Renastep, egg, plain flour and vanilla extract into a bowl and mix thoroughly.
 2. Heat a frying pan or crepe pan on a medium heat and add 1 tsp of sunflower oil to the pan.
 3. When heated, pour ⅓ of the batter into the pan and cook for 1-2 minutes on each side until golden.
 4. Repeat this step until all of the batter is used.

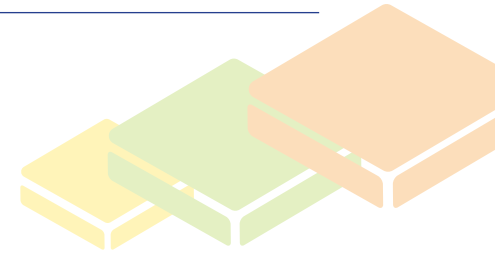
Nutritional Information

Nutrient		per portion (1 pancake)	per 100g
Calories	kcal	316	234
Protein	g	8.5	6.3
Sodium	mg/mmol	96 / 4.1	71 / 3.1
Potassium	mg/mmol	112 / 2.8	83 / 2.1
Phosphorus	mg/mmol	97 / 3.1	72 / 2.3
Calcium	mg/mmol	79 / 2.0	58 / 1.5

Dietitian's notes



Serve with lemon and sugar or maple syrup.



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information.

This recipe has been specifically designed for the dietary management of kidney disease.



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