



Cook time: 30 mins

Serves: 12

Prep time: 30 mins

Fruit Chutney Oatmeal Pancakes

Ingredients A

- 120g brown sugar
- 600g pears, diced
- 400g apples, diced
- 120g dried cranberries
- 250ml water
- 1 clove garlic, crushed
- 250ml cider vinegar
- 1 tsp. chilli powder
- 1 tsp. turmeric powder
- 1 tsp. grated ginger

Ingredients B

- 150g all-purpose flour
- 150g instant oatmeal*
- 370ml low fat milk*
- 2 tbsp. canola oil*
- 2 whole eggs
- 30g fine sugar
- 10g baking powder
- 1 tsp. salt
- 1 tsp. vanilla extract

*Choose products with the Healthier Choice Symbol.

Tips:

- The fruit chutney is delicious and refreshing in taste, and it can be served together with chapati or wholemeal thosai.
- Make an extra batch and use it as a dip with wholemeal crackers. When kept tightly sealed in the chiller, this chutney is good for up to a week.

Method

Fruit Chutney:

- Add Ingredients A to a heavy-bottomed saucepan and cook over low heat. Stir constantly until sugar dissolves.
- Simmer for about 20 mins or until the fruit is cooked and thick. Check to ensure it does not dry out or burn.
- Set aside to cool before serving.

Pancake:

- Place Ingredients B in a mixing bowl and mix thoroughly with a whisk or electric blender until there are no lumps in the batter.
- Use a non-stick frying pan and over medium heat, pour about 65–70ml of the batter and cook both sides until lightly brown. Use a ladle to scoop the pancake batter.
- Repeat the process until all the batter is used up.
- This recipe makes about 12 pancakes.
- Serve hot with fruit chutney.

Nutrition Information (Per Serving):

Energy: 253.5kcal
Protein: 5.6g
Total fat: 4.7g
Saturated fat: 0.9g
Carbohydrates: 46.7g
Total sugar: 8.0g
Dietary fibre: 3.2g
Sodium: 114.2mg