

# 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

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

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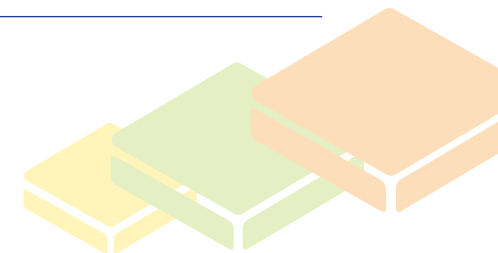


Serve with  
lemon and sugar  
or maple syrup.



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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