

This recipe is taken from the cook book, **FRESH CHINESE**; written by Chinese National Healthy Living Centre nutritionist Wynn Chan, forwarded by Ken Hom. **Fresh Chinese** brings you a feast of over 80 mouthwatering recipes that won't pile on the pounds.

## Coconut Pancakes with Fruit

These light, fluffy pancakes are made with rice flour instead of wheat flour. The addition of reduced-fat coconut milk make these a firm family favourite, particularly if you enlist the help of kids in the preparation of the batter and allow them to stuff their own pancakes.

**INGREDIENTS** 150 ml (1/4 pint) canned reduced-fat coconut milk • 100 g (3 1/2 oz) rice flour • 150 ml (1/4 pint) mango juice • 2 tablespoons rapeseed or olive oil, for frying • 300 g (10 oz) assorted fruits (e.g., papaya, pineapple and kiwifruit), chopped • 1 tablespoon toasted pumpkin seeds

**ONE** Make the pancake batter. Combine the coconut milk, rice flour and mango juice in a bowl. Beat well then leave the batter to stand for about 15 minutes.

**TWO** Put 1/2 teaspoon oil in a small nonstick frying pan, about 15 cm (6 inches) across, and heat over a medium heat until piping hot, swirling the oil around the pan.

**THREE** Spoon a thin layer of batter into the frying pan and cook until the top has set. Flip the pancake and cook the other side for about a minute. Remove the pancake and keep warm. Repeat until all the batter has been used, using 1/2 teaspoon oil for frying each pancake.

**FOUR** To serve, put some of the fresh fruit in the middle of each pancake and roll it up. Scatter the pumpkin seeds over the top and serve immediately.

*Makes 6 pancakes*

### NUTRIENT ANALYSIS PER

**SERVING** 517 kJ – 147 kcal – 2.1 g protein – 21.7 g carbohydrate – 7.7 g sugars – 5.6 g fat – 2.6 g saturates – 1.4 g fibre – 17 mg sodium

**HEALTHY TIP** Pumpkin seeds make a nutritious addition to these pancakes. They are a useful source of iron, which is needed for healthy blood, and of zinc, which is required for growth and the development of a healthy immune system.

