

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.

