



Cinnamon Sugar Pancakes

serves 2

Breakfast 20 – 25 mins



Pancake Batter



Ground Cinnamon



Sugar



Lemon

Pantry Items: Butter



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2024-W45

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Ingredients

	Quantity
Pancake Batter	1 pouch
Ground Cinnamon	1 sachet
Sugar	75 g
Lemon	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	389.5 g	100 g
Energy (kJ/kcal)	3556.4 kJ/ 850 kcal	913.1 kJ/ 218.2 kcal
Fat (g)	19.7 g	5.1 g
Sat. Fat (g)	4.5 g	1.2 g
Carbohydrate (g)	144.7 g	37.2 g
Sugars (g)	67.3 g	17.3 g
Protein (g)	21.9 g	5.6 g
Salt (g)	5.7 g	1.5 g

Nutrition for uncooked ingredients.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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1



Make the Cinnamon Sugar

- Add the **sugar** and **cinnamon** to a bowl. Mix together until well combined.
- Quarter the **lemon**.

2



Cook the Pancakes

- Place a pan over medium-high heat with a knob of **butter**.
- Once hot, add 2 tbsp of **batter** to the pan (or 1 tbsp for smaller pancakes).
- Cook until bubbles start to appear on the surface, then turn and cook for another 1-2 mins.
- Repeat until there is no more **batter** left.

3



Divide and Serve

- Divide the pancakes between plates.
- Sprinkle **cinnamon sugar** over top.
- Squeeze over **lemon** juice to taste.
- Serve with **lemon** wedges alongside.

Enjoy!