



# Light savory pancakes

10'  
Hands on

8'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 200 g strained yogurt, 2%
- 1 egg
- 60 g olive oil
- 1 teaspoon(s) granulated sugar
- salt
- pepper
- 1 tablespoon(s) thyme
- 100 g all-purpose flour
- 1 teaspoon(s) baking powder
- 1/2 teaspoon(s) baking soda
- 70 g smoked turkey, in slices
- 70 g gouda cheese, light

To serve

- rocket
- cherry tomatoes
- olive oil
- thyme

## Method

- In a bowl add the yogurt, egg, the 50 g olive oil, sugar, salt, pepper, thyme, and mix with a hand whisk.
- In a **bowl** mix the flour, the baking powder, the baking soda, and add them to the bowl with the rest of the ingredients.
- Cut the turkey and the cheese into small cubes, add them to the bowl, and mix. Set it aside for 1-2 minutes so that the baking soda is activated.
- Place a **frying pan** over medium-low heat and add 1 tablespoon olive oil.
- Spoon the mixture, add it to the frying pan in batches, and cook for 3-4 minutes. Leave a gap between the pancakes as they will spread while cooking.
- Turn them over and keep cooking for 3-4 more minutes.
- **Serve** with rocket leaves, cherry tomatoes, olive oil, salt, pepper, oregano and thyme.

## Διατροφικός πίνακας

Nutrition information per portion

175 Calories (kcal)	11.0 Total Fat (g)	2.4 Saturated Fat (g)	12.0 Total Carbs (g)
9%	16%	12%	5%
2.6 Sugars (g)	7.4 Protein (g)	0.6 Fibre (g)	0.77 Sodium (g)
3%	15%	2%	13%