

Pancakes

with caramelized apples and pears



Dessert



To make the pancakes ...

In a bowl, mix together the eggs, sugar, baking powder, milk, flour, and scrapings of half a vanilla bean. In a non-stick pan, bake four large pancakes.

Caramelized fruit compote ...

Remove the cores from the fruit and cut it into slices. Cook in water until al dente. Drain the water and caramelize the fruit in brown sugar, cinnamon, and scrapings of half a vanilla bean, also in a non-stick pan. Plate with the hot pancakes and serve immediately.

Nutrition value

Energy	437 kcal
Carbohydrates	76 g
BE	6.3
Protein	15 g
Fat	8 g
Potassium	226 mg
Phosphate	317 mg
Sodium	312 mg
Water	134 ml

All nutritional information per serving.
This corresponds to 1/4 of the total recipe.

Ingredients to serve 4

4 eggs	Scrapings of 1 vanilla bean
2 TBSP of sugar	1 apple
1 TSP of baking powder	1 pear
350 ml milk	2 TBSP brown sugar
300 g flour	1 pinch of cinnamon

