



彩虹班戟

The Rainbow Pancake

Serves

4

人分量



自製健康小食的貼士

Tips for home-made healthy snacks

1. 將水果入饌，例如將之加入小朋友愛吃的班戟中，可令食物更美味健康。
2. 以水果及果醬代替糖漿，可提供更多維生素、礦物質和膳食纖維等營養。
3. 以易潔鑊烹調，減少用油之餘，令食物香脆可口。
1. Preparing snacks with fruit, e.g. adding fruit into children's favourite pancakes, can make the dish more tasty and healthy.
2. Replacing the commonly used syrup with fruit and jam can provide us with more nutrients, such as vitamins, minerals and dietary fibre.
3. Cooking with non-stick cookware can reduce the amount of oil used and make the food more aromatic, crispy and delicious.



食材 Ingredients

低筋麵粉 (已篩好)	1杯	Cake flour (sifted)	1 cup
泡打粉	1茶匙	Baking powder	1 teaspoon
雞蛋 (打勻)	2隻	Egg (beaten)	2 pieces
低脂奶	1杯	Low-fat milk	1 cup
植物牛油 (溶)	1湯匙	Margarine (melted)	1 tablespoon
新鮮雜果	1杯	Fresh mixed fruit	1 cup
(註：1杯 ≈ 240毫升)		(Remark: 1 cup ≈ 240 ml)	

烹調步驟 Cooking Method

1. 將麵粉放入碗中，加入泡打粉、糖一起拌勻，再倒入蛋漿、低脂奶及植物牛油攪拌至軟滑成班戟粉漿，備用。
2. 燒熱鑊，倒入班戟粉漿 (約2湯匙分量)，每面用慢火煎約2-3分鐘，直至呈金黃色。
3. 重覆步驟②，將餘下的粉漿煎成班戟，備用。
4. 於班戟面塗上少許士多啤梨果醬，然後鋪上雜果即成。

調味料 Seasonings

砂糖	2茶匙	Sugar	2 teaspoons
士多啤梨果醬	2湯匙	Strawberry jam	2 tablespoons

1. Pour the cake flour into a bowl. Add and mix together the baking powder and sugar. Add the beaten egg, milk and margarine to make the pancake batter. Blend the batter until smooth. Set aside.
2. Heat a pan. Pour the pancake batter (approx. 2 tablespoons) into the pan. Pan-fry each side of the pancake for approx. 2-3 minutes or until golden.
3. Repeat step ② as needed.
4. Apply a thin layer of strawberry jam on the pancakes. Serve the pancakes with mixed fruit.