

Cheese & leek pancakes

Savoury

level 

 1

 15 min



Ingredients

125 ml	Fresubin 2 kcal DRINK Neutral
60 g	wheat flour
1	egg (size M)
20 ml	mineral water (carbonated) (2 tablespoons)
30 g	grated Emmental cheese (45% fat)
60 g	leek, ready-to-cook
10 ml	rapeseed oil (1 tablespoon)
	salt, pepper

Nutritional information per serving:

Energy	728 kcal
Protein	32.8 g
Fat	33.4 g
Carbohydrate	74.1 g
Fibre	0.0 g



Alternative products:

Fresubin[®] Energy DRINK

Preparation

Whisk flour, egg, salt, mineral water and Fresubin 2 kcal DRINK Neutral. Fold the grated Emmental cheese and the leek, cut into fine small rings, and bake thin pancakes in the hot fat (the recipe is sufficient for two pancakes).

TIP:

Mushrooms can also be used instead of leeks.