

MY EGG WHITES JUST THE WAY I LIKE THEM!

Tip

Have you ever tasted salty pancakes? It's worth the detour...



Easy  5 pancakes

GOOD OL' ROA PANCAKES!



Préparation : 10 min **Calories :** 440 kcal
114 kcal / 100 g

37 g
ROA nature



+ 100 ml
water or milk

- 1 Mix 37 g of liquid ROA egg whites with 100 ml of skim milk or water.
- 2 Shake or mix vigorously until the mixture looks like classic crêpe batter.
- 3 Pour the batter into a non-stick pan and cook on low heat (180-200°C) until golden on both sides (1-2 minutes on each side, according to the thickness of the batter).

Try different thicknesses, diameters and cooking times, in order to obtain exactly the kind of pancakes that you prefer.

