

# Tray Bake Pancake with Raspberry and Mango



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 12 February 2021

Categories: Pancake Tuesday, Breakfast Recipes, Desserts, Entertaining, Vegetarian



## Ingredients

- 1  $\frac{2}{3}$  cups (250g) plain flour
- 2  $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  cup (55g) caster sugar
- 1  $\frac{1}{4}$  cups (310ml) milk
- 2 eggs
- 60g butter, melted and cooled

1 x 125g punnet fresh raspberries

1 fresh mango, peeled and sliced thinly

¼ cup (10g) toasted coconut chips for garnish

Coconut yoghurt and maple syrup, to serve

## Method

1. Preheat oven to 200°C/180°C (fan-forced) and grease and line a 35cm x 25cm (base measurement) baking dish with baking paper.
2. Sift flour and baking powder into a mixing bowl and add sugar. Make a well in the centre.
3. Whisk milk and eggs together and add to flour; mix well. Stir in all but 1 tbsp of the melted butter. Pour into prepared tin.
4. Arrange raspberry and mango slices over the top and brush with reserved melted butter. Bake 25 minutes. Cool slightly.
5. To serve, cut into 12 squares. Stack 3 per serve and top with coconut chips, yoghurt, and a drizzle of maple syrup.



## Notes

- Use any fresh or frozen berries and mango. If using frozen, defrost before using.
- Make batter the night before. Cover and refrigerate. When ready to cook, add toppings and bake. It may increase cook time by 5 minutes.
- Refrigerate baked pancakes in a sealed container for 2-3 days. Warm before serving.
- Other topping suggestions - raspberry and white chocolate, ricotta and fig.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
295g	2330kj 557kcal	13.6g	19.9g	12g	77.1g	31.5g	385mg	4.5g

All nutrition values are per serve.