



Pancake Balls Recipe

Preparation Time	05
Cooking Time	13
Serving Size	7

Ingredients:

FOR THE BATTER

- 1 pc egg, beaten
- 1/2 cup reserved fruit cocktail syrup
- 1 pack hotcake mix
- 2 Tbsp sugar, white
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained, reserved syrup
- - cooking oil

FOR THE TOPPING

- 2 Tbsp powdered sugar
- 1 tsp cinnamon, ground

Preparation:

1. In a mixing bowl, mix all the ingredients for the batter, then fold-in DEL MONTE Fiesta Fruit Cocktail.
2. Form every 1 tablespoon of the mixture into balls. Deep-fry in oil until golden brown. Drain on paper towels. Set aside.
3. Using a strainer, dust with combined powdered sugar and cinnamon.

Chef's Tip

Do not overmix the batter. Mix only until the ingredients are combined to keep the product fluffy. Overmixing results to a tougher product because of overdeveloped proteins.

Lusog Notes

This Pancake Balls dish is a source of vitamin C that helps strengthen the immune system and fight common infections.

Cooking Skills Needed

- Mixing
- Deep Frying

Cooking Tools

- Mixing Bowl
 - Paper Towel
 - Sauce Pot
 - Tray
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