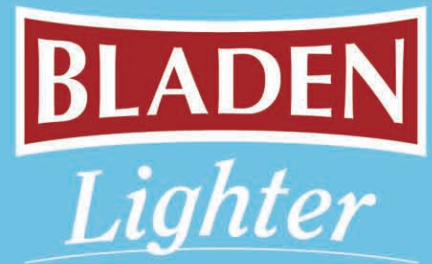


# Recipe



## Bean, Ham & Cheese Pancake

Serves 10

### Ingredients

- 100g Ham, chopped
- 10 Savoury pancakes made with skimmed milk
- 100g Dried skimmed milk
- 50g Cornflour
- 600g Bladen Lighter Mature
- 200g Reduced sugar baked beans in tomato sauce
- 100g Onions, cooked

### Method

1. Mix the cheese into the white sauce (*made with warm skimmed milk and cornflour*) along with the ham and onions.
2. Take the pancakes and spread on a thick layer of the cheese and ham mix, spoon a row of beans in the first quarter of the pancake.
3. Roll pancakes up so the beans are enclosed in the white sauce.
4. Place the pancakes in a baking dish sprinkle a little cheese over and cook in the oven for 15 minutes until heated.

