

# SOUTH AFRICAN PANNEKOEK

Yield: 28 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-breakfast-rusks-recipe>

## Ingredients:

- 4 eggs
- 3 cups ice cold water
- 1/2 cup vegetable oil plus another 2 tablespoons for pan
- 1/2 teaspoon salt
- 2 cups all purpose flour
- cinnamon sugar recipe follows
- lemon cut into wedges for squeezing
- 1/4 cup granulated white sugar
- 1 tablespoon ground cinnamon

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 30 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. Sodium: 55 milligrams
8. Sugar: 3 grams

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