

Pancakes

Prep &
cook
45mins

Serves
6

Allergy advice
Nut Free
Vegetarian



Ingredients

(Makes 6 Pancakes)

2 Eggs

300ml Milk

100g Flour

1 tbslp Sunflower or Vegetable Oil, plus a little extra for frying

Toppings (optional)

Recipe

1. In a large bowl whisk the eggs, the milk and oil together
2. Sieve the flour into the eggs and milk, then whisk to a smooth batter
3. Set aside for 30 mins to rest, or start cooking straight away
4. Set a medium frying pan or crepe pan over medium heat and carefully wipe it with some oiled kitchen roll.
5. When hot, cook your pancakes for 1 min on each side until golden
6. Serve straight away or keep them warm in an oven on low heat.

Chefs Tips

- Don't put too much mix in the pan in one go, the pancakes should be thin.
- For dairy free diets use an alternative dairy free milk
- For gluten free diets use a gluten free alternative flour

Topping Suggestions

- Lemon juice &/or sugar
- Any fresh fruit with honey (blueberries, strawberries, banana, raspberries)
- Strawberries & natural yoghurt

