



# Pancakes

## Six portions

### Ingredients

2 Eggs  
300ml Milk  
100g Flour  
1tbsp Oil

1. In a large bowl, whisk the eggs and the milk together
2. Sieve the flour into the eggs and milk, whisk until fully combined and set aside for 30 minutes
3. Wipe out a frying pan with some kitchen paper and oil
4. Heat the frying pan over a medium heat, once hot add some of the pancake batter. Fry for approximately 1 minute, or until the pancake moves when you gently shake the pan, flip over and fry for a further minute until both sides are golden

### Chefs Tips:

- Don't put too much mix in the pan in one go, the pancakes should be thin. This recipe makes 12 pancakes
- For dairy free diets use an alternative dairy free milk
- For gluten free diets use a gluten free alternative flour

### Topping suggestions:

- Blueberry and honey or Banana and honey (no honey for under 1's)
- Strawberries and natural yoghurt
- Apple sauce - 220g peeled and chopped apples, ½ lemon zest only, 2 tbsp water, splash of vanilla essence. Put everything in a pan and simmer until apples are softened then mash or blend to finish
- Mixed frozen berries - warm gently in a pan until berries soften and a sauce is formed, blend if desired