

Brought to you by...



Pancakes

Serves 3

100g plain flour

pinch of salt

1 egg

250ml milk

oil, for frying

To serve

Honey

1 Sieve the flour and salt into a bowl. Make a well in the centre.

2 Drop in the egg and half the milk. Beat with a whisk, allowing the flour to fall in gradually from the sides. Beat until the batter is completely smooth with no lumps.

3 Add the remaining liquid, beating well for five minutes. Heat the oil and pour in just enough batter to coat the base of the pan.

4 Tilt the pan to spread the batter. Cook until the edges begin to brown, and lift from the pan. Shake the pan to loosen the pancake. Turn using a fish slice or toss and cook the other side. Put onto a plate.

5 Cover and keep warm. Repeat the process with the remaining batter. Spread each with honey and serve.

Fat	10g	Carbs	13g	Energy	165kcal
Protein	7g	Sodium	.4g	Fibre	4g

