

# Berry breakfast pancakes

Makes 8



## Ingredients (allergens in bold)

- 100g **self-raising flour**
- 1 **egg** – beaten
- 150ml **milk**
- 1 tablespoon sugar
- a little vegetable oil
- fresh berries of your choice e.g. raspberries, blueberries
- 4 tablespoons fat free Greek **yoghurt**

## Method

1. Place the flour in the mixing bowl and make a 'well' in the centre. Add all the beaten egg and about half the milk
2. With the wooden spoon, gradually mix to a smooth thick mixture. Add the sugar and remaining milk. Beat well.
3. Heat the non-stick frying pan with a small amount of oil. Using the tablespoon drop a spoonful of mixture on to the hot pan.
4. When small bubbles can be seen on the surface of the pancake, use the palette knife to turn it over. Continue to cook until golden brown.
5. Place a pancake on a serving plate. Add a spoonful of the yoghurt and a sprinkling of berries. Place another pancake on top. Serve.



## Equipment

- mixing bowl
- small bowl
- fork
- measuring jug
- wooden spoon
- tablespoon
- non-stick frying pan
- palette knife
- serving plate

## Recipe notes and tips

- Close adult supervision is required when cooking the pancakes.
- Also delicious served with stewed fruit like apples or apricots.