#### Allergens\*:

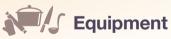


# Pancakes



### Serves 2

This simple recipe creates fluffy pancakes at breakfast time. These pancakes are so easy to prepare and make a tasty start to your day.



- Blender
- Frying pan
- Weighing scales

Spoon

Cost per person

89p

Spatula

## Pancakes



### **Ingredients:**

- 50g porridge oats
- 50g self-raising flour
- 1 tsp baking powder
- 200g fat free yogurt
- 200ml milk
- 2 medium eggs
- Fruit as topping
- 1 tsp of vegetable oil



### **Method:**

Blend the oats, flour, baking powder together until fine and combined.

Add in the eggs and milk and blend again.

Once fully blended, preheat a non-stick pan and spray with a dash of oil.

Dollop circles of the mixture in the pan. Cook each side for 3 minutes and set aside.

Repeat this process until all the pancake mixture is used.

Serve with yogurt and your favourite toppings!