

Breakfast Bonanza

Pancake Pleasures



Banana Pancakes

Ingredients:

200g self raising flour
2 medium eggs
300ml milk
2 teaspoons sunflower oil
4 bananas
Maple syrup

Equipment:

Mixing bowl
Sieve
Wooden spoon
Knife
Frying pan
Spatula



Method:

- 1 Sieve the flour into a large bowl and make a well in the middle.
- 2 Add the egg and slowly pour in the milk, stirring constantly.
- 3 Add the oil and whisk until the mixture is completely smooth.
- 4 Cut the bananas on the diagonal into thick slices.
- 5 Grease the base of a frying pan with a small amount of oil.
- 6 Once the pan is hot, pour in approximately 3tbsp of the mixture, then top with a few slices of banana.
- 7 Once tiny bubbles appear in the batter, flip the pancake over using a spatula.
- 8 Keep warm while you are making the other pancakes.
- 9 Stack pancakes up, drizzle in maple syrup and serve.

American Blueberry Pancakes

Ingredients:

1 medium egg
150 ml plain yoghurt
150 ml milk
2 tablespoon vegetable oil
100g self raising flour
1 tablespoon icing sugar
¼ teaspoon salt
Pinch ground nutmeg
175 grams blueberries

Equipment:

Mixing bowl
Wooden spoon
Weighing Scales
Frying pan
Tablespoon



Method:

- 1 In a large bowl beat the egg, yoghurt, milk and oil.
- 2 Stir in the flour, sugar, salt and nutmeg and mix well (the batter may be slightly lumpy, this is ok!).
- 3 Heat a non-stick frying pan over a medium heat.
- 4 Pour a tablespoon of batter onto the hot griddle.
- 5 Sprinkle the pancake batter with the blueberries, wait for it to bubble and flip it over.
- 6 Serve warm!