



# Mini pancakes

## You will need:

### Ingredients

150g self-raising flour  
250ml milk  
1 egg

If you don't have scales, use 1 cup of flour, 1 cup milk and 1 egg

### Additional ingredients

You can try a range of different flavours, if you don't want plain pancakes:

- Grated cheese, chives and sweetcorn
- Lemon zest and sultanas
- Cocoa powder and mashed banana
- Grated apple and cinnamon
- Smoked salmon
- Chopped fruit
- Grated chocolate

### Top tips

- Try with a mixture of wholegrain and white flour
- Add a small amount of sugar when making sweet pancakes
- Add a little extra milk to make thinner pancakes, that can be filled and rolled

### Allergens

- Egg
- Gluten (use gluten free flour)
- Milk (use plant based milks)

Put the flour and egg into a large bowl and gradually whisk in the milk a little at a time, until you have a thick consistency (you might not need all of the milk)

For flavoured pancakes, add any additional ingredients at this point

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Spoon the batter into a hot, non-stick frying pan (or use a little bit of oil, if you don't have a non-stick pan)

Allow to cook until little bubbles have formed and popped, then flip the pancakes over and cook on the other side

Remove from the pan, when cooked on both sides

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If you made plain pancakes, you could add toppings, once they've cooled, such as:

- Cream cheese and smoked salmon
- Mascarpone / yoghurt and berries
- Chocolate spread and banana

The pancakes are delicious served immediately or will keep in an airtight container for 2 - 3 days

For more recipes, visit [www.wisherefordshire.org/cooking](http://www.wisherefordshire.org/cooking)

