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GF Friendly

Pancakes

Easy to make sweet or savoury pancakes

In this photo, the bigger two of the pancakes were cooked in a frypan. While for the smaller ones I used my electric pancake maker. If you have one of these, just follow the manufacturer's instructions for the cooking method. Mine, as you can see, were a tad overdone.

- 1 cup plain flour
- 1¼ tsp baking powder
- ¼ tsp salt (optional)
- 1 egg
- 250ml milk
- 2 Tbsp olive oil, or other
- Extra oil for greasing the pan
- For sweet pancakes** – add 1 Tbsp castor sugar



Combine all ingredients **including the olive oil** in a mixing bowl, beating until smooth. If making savoury pancakes, leave out the sugar.

Coat the frying pan with a little oil – spread evenly, but you don't want any pools of oil – and warm over a low-medium heat. Pour half a cup of batter into the pan, and when the top has solidified and starts to bubble, turn over carefully to cook the other side. Should the pancake not be dark enough for you, turn again; but don't overdo it! Continue until all of the batter has been used. Consign cooked pancakes to a warm oven.



Served warm, drizzle on honey or golden syrup; jam if you like; and sugar and lemon juice also go well.

Made as a wrap, you can fill with fruit for a sweet dessert; or try what I did here, filling with a chilli mix, something like a burrito; and I served it with frijoles – see Recipe R01.

Makes 4 pancakes

okay to freeze

Tip: if you don't use all of the batter in one go, consign to the fridge in a sealed container. It should keep a couple of days.

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