

## Strawberry Breakfast Pancakes

Makes 6 large or 12 small

85g self raising flour

1 egg

1 tsp caster sugar

1 level tsp baking powder

100ml milk

400g strawberries – hulled and cut in half

Greek yogurt & maple syrup to serve



Mix the flour, baking powder and sugar in a bowl, make a well in the centre and add the egg.

Mix together with the milk to a thick, pourable batter.

Heat the pan to medium hot, using a wad of kitchen roll, smear a little oil in a heavy based non-stick pan.

Using a large spoon as a measure, pour spoonfuls of the batter into the pan.

When large bubbles appear on the surface, flip the pancake over and cook on the other side.

Remove to a wire rack, use a tea towel to keep the pancakes warm.

To serve, put a pancake on a plate, spoon over some strawberries, a drizzle of maple syrup, then Greek yogurt. Top with another pancake, more strawberries, more yogurt and finish with more maple syrup.

### *Hints, Tips and Variations*

- ◆ *Gauge the heat of the pan by the colour of the pancake – if it's too brown, turn the heat down a little, if too pale, turn the heat up. You need to be sure that the pancake is cooked in the middle without burning the outsides.*
- ◆ *Make big, medium or small pancakes depending on how you would like to serve them. Just use a different sized spoon.*
- ◆ *Stack up with a savoury filling for lunch or dinner.*
- ◆ *Use different fruit in season eg raspas, blueberries, stewed plums or apples, poached pears, rhubarb*
- ◆ *Add 1/2 tsp ground ginger, cinnamon or mixed spice to the pancake batter to complement the fruit eg cinnamon pancakes & stewed apple*
- ◆ *Use lightly whipped cream or crème fraiche instead of yogurt*
- ◆ *Use low fat versions of yogurt, or crème fraiche to cut calories.*