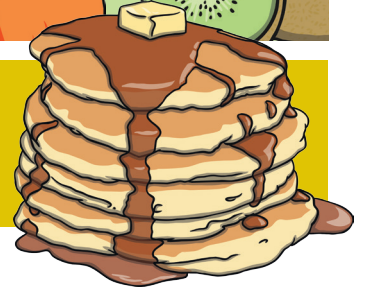


# Fruity Pancakes



## Ingredients (serves 4)

- 1 beaten egg
- 150ml milk
- 100g plain flour
- 50g dried mixed fruit
- 100g finely chopped fruit (apples, pears, plums, peaches)
- Sunflower oil or spray-on cooking oil
- 1 tsp sugar
- $\frac{1}{2}$  tsp cinnamon or mixed spice

## Hints and Tips

You can use wholemeal or gluten free flour if you like.

Try different combinations of fruits, depending on what you have in the fruit bowl.

Use different types of dried fruits too – as well as the typical sultana/raisin mix, you could try dried cranberries and cherries, or dried apricots (chop these up first though!).

Serve the pancakes with a spoonful of natural Greek-style yoghurt and some fresh berries, if you like.

## Method

1. Sieve the flour into a bowl and make a well in the middle.
2. Crack the egg into the well and start to stir with a whisk, incorporating some flour from the sides into the egg.
3. Gradually stir in the milk, whisking until you have a smooth batter.
4. Stir in the fruit.
5. Heat a little oil in a non-stick frying pan, and add a tablespoonful of the mixture. After 2 minutes, flip over with a spatula to cook the other side. You could cook 2 or 3 pancakes at the same time, depending on the size of your pan.
6. Mix together the sugar and spice and sprinkle over the pancakes before serving.