

Scot to be PANCAKES

These Scotch Pancakes are enough to turn your hair red and your trousers tartan. So grab your kilts Grads, and get cooking!



What you need:

- 100g wholemeal self-raising flour (or 100g wholemeal plain flour and $\frac{1}{2}$ teaspoon baking powder)
- 2 tablespoons granulated sweetener
- 1 egg, lightly beaten
- 150mls skimmed milk
- A little spray of oil
- Fruit for decorating

Not just for breakfast, enjoy these fruity pancakes as a fun after school snack

Fast facts

Serves: **6** persons

Prep time: **5** mins

Skill-o-meter: **Medium**

Cooking time: **6** mins

Eat me when? A fun weekend breakfast.

What to do:



Pan people

Make funny fruity faces on your pancake – try Lady Gaga, your gran or your best mate.

(Tip: use blueberries or bananas for the mouth and strawberries or kiwi for the eyes.)

Step 1

Mix the flour and sweetener in a bowl, then add the egg to make the consistency of thick cream (don't over-mix!)

Step 2

Lightly spray oil into the frying pan and heat it up

Step 3

When the pan's hot, drop spoonfuls of the batter into the pan

Step 4

Wait 2 or 3 minutes for bubbles to come to the surface, then flip it over and cook for 2 or 3 more minutes

Step 5

Serve with reduced sugar jam, chopped banana, fresh berries or any other fruit you choose.



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