



Easy Pancake Recipe

Ingredients:

- 1 egg
- 110g self-raising flour
- 1 teaspoon of bicarbonate of soda
- 150ml milk
- sunflower oil for frying (or any oil you have)
- strawberries
- yogurt

If you do not have strawberries or yogurt then don't worry as you can use your choice of toppings instead. E.g. lemon and sugar, any fruit chopped-up or a drizzle of golden syrup.

Equipment:

- mixing bowl
- measuring jug
- whisk or a fork
- frying pan
- tablespoon
- spatula to flip your pancake

Step 1: If you are using them, wash the strawberries and cut a few of them into slices then place them to one side. Always ask an adult to help you when using a knife.

Step 2: Put the egg, flour, bicarbonate of soda and milk into the mixing bowl. Whisk the mixture until smooth.

Step 3: Heat a tablespoon of sunflower oil in the frying pan. Use a large spoon to carefully pour the pancake mixture into the pan. Fry the pancake until golden brown on the bottom.

Step 4: Flip the pancake, fry the other side and remove from the pan. Place a few strawberry slices and a tablespoon of yoghurt onto the pancake (if using these) or the toppings of your choice.

Step 5: Place the pancake to one side. Then, repeat the process until you have used all your mixture.

N.B. The smaller the pancake the thicker it will be.

Pancake challenge: Create your own pancake toppings with whatever ingredients you have at home. Work out some exciting new combinations and get creative!

Alternative pancake mixture that will work just as well but will make a thinner pancake:

Ingredients:

- 100g plain flour
- 2 large eggs
- 300ml milk
- 1 tablespoon sunflower or vegetable oil plus a little for frying
- a small pinch of salt

Method:

Put all the flour, eggs, milk, salt and 1 tablespoon of oil into a bowl or large jug and whisk until you have a smooth batter.

Use the instructions above to cook your delicious pancakes.