

# Pancakes

Foolproof crêpe recipe that ensures perfect pancakes every time!  
 Makes 6 crêpes

## Ingredients

Item	Qty	Unit
Fresh Whole Milk	300	ml
Free Range Eggs	2	egg
Plain Flour	100	g
Sunflower oil	1	tbsp (15g)



## Method

### STEP 1

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

### STEP 2

Set aside for 30 mins to rest if you have time, or start cooking straight away.

### STEP 3

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

### STEP 4

When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

### STEP 5

Get creative with your toppings :)

## Allergens

Eggs 	(Medium Free Range Eggs)
Milk 	(Fresh Whole Milk)
Wheat 	(Plain Flour)

Nutrients	Portion (6 crêpes)	100g
Energy	828.86kcal	159.09kcal
Salt	0.83g	0.16g
Fat	37.34g	7.17g
Saturated fat	11.80g	2.26g
Carbohydrate	87.71g	16.83g
Sugar	14.31g	2.75g
Protein	33.76g	6.48g
Fibre	3.80g	0.73g