



Speedy Vanilla and sultana pancakes.

This is a quick recipe to make 9/10 individual American style pancakes.

Ingredients

- 150g Self raising flour (Sifted)
- 1 Medium Egg
- 200ml Milk
- 20-40g Caster sugar (optional)
- 60g Sultanas
- 1 tsp Vanilla Extract / essence

Method

Firstly it is key that you have a good non-stick pan or griddle to reduce the amount of oil or butter you need to use for this simple recipe.

Mix the sifted flour and sugar (if using it) into a bowl.

Add the egg and the milk and beat well until you have a smooth batter.

Mix in the vanilla.

When the griddle is really hot pour in about 3 tablespoons of batter for each pancake and sprinkle on top the sultanas.

Cook for just under a minute - using a spatula to keep an eye on how the cooking is going and turn to the other side once the first is cooked.

You could serve with sliced bananas and even a little fruit yogurt.

**All these recipes have been put together for the children of
Waulud Primary school.**