

SUGAR SMART



#FOODREVOLUTION



ONE-CUP PANCAKES WITH BLUEBERRIES

SERVES 4

TOTAL TIME: 15 MINUTES

These are the simplest pancakes to make with kids. You don't even need scales to weigh out the ingredients - all you need is a cup or a mug. As long as you use the same cup for measuring both the flour and the milk, you'll be laughing!

This is one of Jamie's Food Revolution recipes, a collection of simple dishes that teach us how to feed ourselves and our families good, nutritious food for years to come. A good, homemade breakfast is one of the best ways to give yourself a healthy head start. Find out more at jamiesfoodrevolution.org

jamiesfoodrevolution.org

INGREDIENTS

- 1 large free-range egg
- 1 cup of self-raising flour
- 1 cup of milk
- 200g blueberries
- olive oil
- 4 tablespoons natural yoghurt

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NOTES

1. Crack the egg into a large mixing bowl, add the flour, milk and a tiny pinch of sea salt.
2. Whisk everything together until you have a lovely smooth batter, then fold through the blueberries.
3. Heat ½ a tablespoon of olive oil in a large non-stick frying pan over a medium heat, carefully tilting the pan to spread the oil out evenly.
4. Add a few ladles of batter to the pan, leaving space between each one so they have room to spread out slightly – each ladleful will make one pancake, and you'll need to work in batches.
5. Cook for 1 to 2 minutes, or until little bubbles appear on the surface and the bases are golden, then carefully flip them over.
6. When the pancakes are golden on both sides, remove to a plate.
7. Repeat with the remaining batter, adding a little more oil to the pan between batches, if needed.
8. Serve the pancakes while they're still hot, with a dollop of yoghurt and some extra fresh berries, if you like.

Calories	Fat	Sat Fat	Protein	Carbs	Sugar	Salt	Fibre
242kcal	10.4g	2.6g	7.8g	31.4g	9.1g	0.6g	1.7g

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