





Calcium* ✓
Vitamin D ✓
Iodine ✓

Pancakes/Crepes

SERVES 1-2



Ingredients

- 50g plain flour
- 1 large egg
- 150ml milk alternative of choice
- 1 tablespoon sunflower or vegetable oil, plus a little extra for frying

Directions

- Put the flour, eggs, milk and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.
- Set aside for 30 minutes to rest.
- Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper. When hot, cook your pancakes for 1 minute on each side until golden, keeping them warm in a low oven as you go.

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Fillings Ideas:
Spread jam over the surface and then roll the pancake.
Chop a banana over the surface and then dribble honey over the banana. Roll the pancake, then cover with a damp cloth and heat in the oven for 5-10 minutes on Gas mark 4 (180°C, 350°F).
Sliced pears and milk-free chocolate sauce, heated as above.
Currants can be added when making the pancakes.
Roll with lemon juice and sugar.

Lactose & Galactose Free Recipe