



Pirton Hill Primary School

Speedy Vanilla and Sultana Pancakes (served with banana)



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

Ingredients:

- 150g self-raising flour (sifted)
- 1 medium egg
- 150ml milk
- 40g caster sugar (optional)
- 60g sultanas
- vanilla extract / essence
- bananas (as required).

Method

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

1. Mix the sifted flour and sugar (if using it) into a bowl.
2. Add the egg and the milk and beat well until you have a smooth batter.
3. Mix in the vanilla.
4. Heat your pan adding a little oil if required. When the pan is really hot, pour in about 3 tablespoons of batter for each pancake and the sultanas on top.
5. Cook for just under 1 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.
6. Serve with sliced bananas.

All these recipes have been put together for the children of
Pirton Hill Primary School.