

INGREDIENTS

200g self-raising flour
1 tsp baking powder
1 egg
300ml milk
knob butter
150g pack blueberry
sunflower oil
or a little butter for
cooking
golden or maple syrup

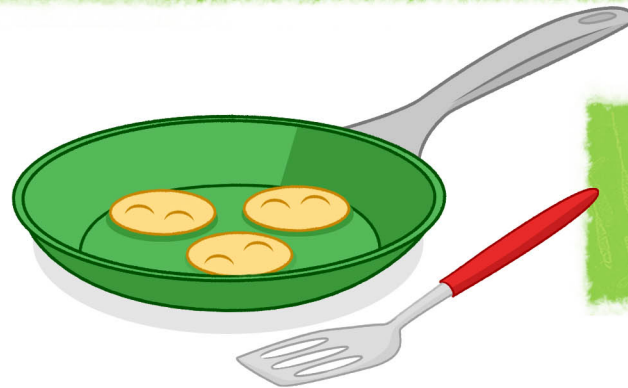


Mix together 200g SR flour, 1 tsp baking powder and a pinch of salt in a large bowl. Beat 1 egg with 300ml milk, make a well in the centre of the dry ingredients and whisk in the milk

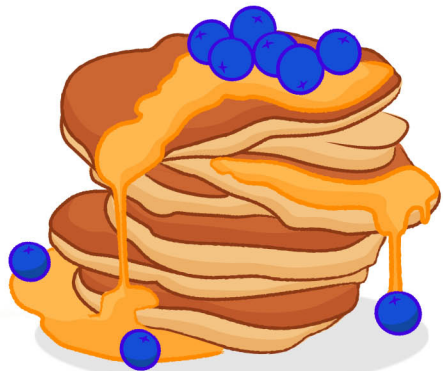
Ask your grown up to do this for you!!



Beat in a knob of melted butter, and gently stir in half of the 150g pack of blueberries. Heat a teaspoon of sunflower oil or small knob of butter in a large non-stick frying pan.



Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time.



Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden. Serve with golden or maple syrup and the rest of the blueberries.



BLUEBERRY PANCAKES!

Perfect for Shrove Tuesday!

