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FLAPJACK RECIPE

Recipe provides 18 flapjacks.

INGREDIENTS:

120g Self-raising flour
30g Castor sugar
1 x Egg
144ml Milk
Small pinch of salt

METHOD:

1) First grease your pan – use oil as butter will burn, and then heat.
2) Sift the flour into a bowl, add the pinch of salt and the sugar.
3) Crack the egg into the milk, and whisk.
4) Pour the egg and milk liquid into the dry ingredients and mix to form a smooth batter.
5) Test that the pan is hot enough by putting a teaspoon of batter onto it.
6) Use a tablespoon to drop the batter into the pan.
7) When the surface of the batter has become covered in bubbles get ready to flip them over using a spatula.
8) When cooked remove the pancakes from the pan and wrap in a clean tea towel to keep moist.

EGG FREE OR WHEAT FREE ALTERNATIVE:

For an egg free alternative replace the egg with ½ large banana or use the instructions on an egg
replacer.

For a wheat free flapjack replace the wheat flour with wheat free flour.

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