

Wholegrain Pancakes with Fruit & Honey



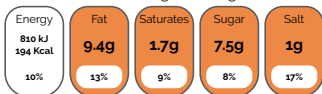
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Hugh Beames-Whittingstall
RIVER COTTAGE

Wholegrain Pancakes with Fruit & Honey

SERVES 2, VEGETARIAN

Per average serving



Of an adult's Reference Intake (84000KJ / 2000Kcal)
Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

20g Wholemeal flour
20g plain flour
1 tsp flaxseeds
1 tsp camelina seeds
1 tsp sunflower seeds

½ tsp baking powder
½ tsp salt
80mls milk
2 tps. oil
10g blueberries

10g strawberries
20g plain flour
10g blackberries
2 tbsps. natural yoghurt
1 tbsps honey

METHOD:

1. Sieve the wholewheat flour and mix in the plain flour.
 2. Put the flour and all the seeds, baking powder and salt in a large bowl and use whisk to combine them thoroughly.
 3. Add the milk and 1 tsp of oil and whisk till smooth.
 4. Half the strawberries and remove the husk, mix with the other berries.
 5. Cook the pancakes in a frying till golden on both sides and then bake for 3 minutes at 180°C.
 6. Serve with the fresh berries, yoghurt and a drizzle of honey.
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