

PANCAKES

Not just for Pancake Day (Shrove Tuesday), pancakes are a quick, cheap and easy treat any time.

Classic Pancakes - prices by Aldi

- 200g plain flour (55p)
- 400ml milk (45p per pint)
(replace 200ml with water for a lighter and cheaper alternative)
- 2 large eggs (£1.09 for 6)
- Granulated sugar (85p per bag)
- Lemon juice (89p per bottle)

Method (ready to eat in 15 mins):

- 1) Sift the flour into a large bowl.
- 2) Beat both eggs into the flour.
- 3) Gradually add the milk and whisk together until the mixture is smooth.
- 4) Add a little oil to a medium sized frying pan on a high heat.
- 5) Pour the mixture into the hot pan, tipping side to side to create a thin layer across the base of the pan.
- 6) Cook for approx 30 seconds each side until golden brown (remember to flip!).
- 7) Transfer the pancake to a hot plate.
- 8) Add toppings of your choice and devour!

Alternative toppings

- Chocolate hazelnut spread (99p)
- Golden syrup (89p)



Flourless Banana Pancakes

Serves 1, Cals per serving 248

- 1 large ripe banana
- 2 eggs
- ¼ tea spoon of baking powder (optional will help the pancake rise)

Method:

- 1) Mash the banana in a bowl then whisk in the eggs and baking powder with a hand whisk or fork.
- 2) Add a drop of oil to the frying pan and the pancake batter once hot. Cook on each side for one min.
- 3) Serve and scoff!
- 4) Spice 'em up by adding some cinnamon to the mixture or juice 'em up with some berries of your choice.

