



PANCAKES

Ingredients:

2 cups S/R flour
2 eggs
2 cups milk
2 tablespoons sugar optional

Method:

- 1) Sift flour into jug
- 2) Add eggs and milk when all flour is sifted
- 3) Beat until smooth
- 4) Spray hot frying pan with oil
- 5) Pour required mixture into the pan
- 6) Wait until bubbles appear and then turn to other side until the second side browns

Serving suggestion:

If using as main meal or desert add fillings or toppings