

### Pancakes

#### Ingredients

175g/6oz **Pure** GF blended flour \*  
250ml/9fl oz milk  
125g/4oz soured cream  
2 tbs vegetable oil  
2 tbs granulated sugar  
2 tbs GF baking powder  
1 tsp **Pure** Xanthan gum \*  
½ tsp salt  
½ tsp GF vanilla flavouring  
1 egg, beaten

\* Denotes item available from Innovative Solutions on prescription

#### Preparation method

1. Combine all of the dry ingredients in a large mixing bowl and mix well.
2. Add the remaining ingredients and stir in until the mixture is moist, but not overworked.
3. Cook on a hot griddle or in a Teflon-coated frying pan on a medium heat. Flip when golden brown in colour.
4. Serve hot with maple syrup, fruit or a squeeze of lemon and a sprinkle of sugar.



10 minutes

Preparation time

5 minutes per pancake

Cooking time

Makes 6-8

By: Innovative

Not just for Shrove Tuesday, these pancakes make a lovely warm afternoon treat or a lazy weekend breakfast.

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