



Pancake fruit layers



Preparation time: 5-10 minutes

Cooking time: 5-10 minutes

Ingredients

2 x Goldenlay Omega 3 eggs

120g plain flour

210ml milk

1 tablespoon melted butter or sunflower oil

Some oil for cooking

A few blackberries and/or raspberries

A couple of tablespoons of whipped cream

Some sugar for sprinkling

Method

1. Sift the flour into a large mixing bowl, add the salt and give it a mix before making a well in the middle.
2. Break two eggs in the well and pour in roughly a quarter of the milk. Gently whisk everything together and slowly add the rest of the milk until it's all used up and the mixture is smooth.
3. Put a small amount of oil in the bottom of a frying pan – just enough to coat the base – and heat it. Put four tiny amounts of the mixture in the pan – enough to create four small circles of batter and allow them to cook for roughly a minute.
4. Turn the pancakes over and allow them to cook for around another minute.
5. Sandwich the fruit and cream between the mini pancakes and sprinkle with a little sugar.

Deliciously sweet and deliciously healthy!