



## Perfect Pancakes



Preparation time: 5 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

## 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 a small amount of the mixture in the pan – enough to cover the base and allow it to cook for roughly a minute.
4. Shake the pan to make sure the pancake slides and hasn't stuck and, if you're brave, toss the pancake over and allow the other side to cook for around another minute.
5. Serve straight away with a squeeze of lemon juice and a sprinkling of sugar.

*Why not try rolling the pancakes and serving with fresh fruit.*