

Make a healthy camp breakfast

This healthy pancake recipe is simple to do and you can pre-weigh the ingredients, so you can enjoy a delicious breakfast on your next camp – or try them at home!

Suitable for all

You will need

Ingredients

- 500g self-raising flour (use oat flour for gluten-free diets)
- 4 rounded tbsp golden caster sugar
- 1 rounded tbsp ground cinnamon
- 125g pot of natural yoghurt
- 1 large egg
- 1 tbsp milk
- butter for frying (or oil for vegans)
- oranges for serving
- pinch of salt
- maple syrup, Nutella or other toppings

Equipment

- frying pan
- cooker or camp stove
- jug
- large bowl
- fork or whisk
- spatula (for flipping)
- air-tight container (if making on camp)



Time needed
10 minutes to prepare and 20 minutes to cook

Badge



Jaffa partners the Beaver Health and Fitness Activity Badge and the Cub Our Skills Challenge Award

Partner



Outcomes

The young people will make and enjoy a healthy breakfast of fluffy pancakes using ingredients that are low in sugar and fat, served with fresh fruit.

More information

For more badge resources and activities go to scouts.org.uk/supporters/jaffa.



Make. Do. Share.

Instructions

- 1** Make sure nobody has any special dietary requirements or allergies before making these pancakes.
- 2** Combine all the dry ingredients. If you're making these on camp, tip them into an airtight container.
- 3** When you're ready to make your first batch, tip the yoghurt into a jug with the egg and milk, then mix with the fork or whisk. Clean and dry the yoghurt pot (or bring a spare one) so you can use it to add a scoop of dry mix to a bowl. Create a well in the middle of the dry mix, add the wet ingredients, then beat together into a smooth batter.
- 4** Heat a frying pan and add a knob of butter (or oil if you're making vegan pancakes). Add tablespoons of batter to the pan, not too close together, and cook for about 2–3 minutes, until bubbles appear. Flip and continue cooking until the pancakes are firm. Add more butter or oil and keep cooking pancakes until the batter is all used up.

Make your pancakes vegan and gluten-free

- Use oat flour instead, adding 2 tsp baking powder and ½ tsp bicarbonate of soda for every 150g flour
- Swap the milk for an unsweetened plant-based substitute
- Swap dairy yoghurt for a vegan alternative, like Alpro
- Use sunflower oil for frying the pancakes

Get £1 off!

You can download a £1 off voucher to buy Jaffa oranges for this recipe at scouts.org.uk/supporters/jaffa



Boost your breakfast

Serve with orange wedges on the side as part of a balanced breakfast.

