



# Mixed fruit pancakes

## Recipe card

### Equipment

- Spoons
- Forks
- Bowl
- Frying pan

### Ingredients

- 1 egg, beaten
- 150ml milk
- 100g flour (plain, wholemeal or gluten-free)
- 50g dried mixed fruit
- 100g finely chopped fruit (eg apple or pears)
- Dash oil
- 1 teaspoon sugar
- 1 teaspoon mixed spice or cinnamon

### Method

Takes around 15 minutes.

- Split the young people into small groups and make sure they all have the correct ingredients and equipment.
- Beat the egg into the milk, then put the flour in a bowl and gradually stir in the milk mixture until smooth, then mix in the dried and fresh fruit (pears can be used instead of apples – about 100g).
- Heat a non-stick pan and add the oil, then add a tablespoonful of the mixture.
- Place on the heat and cook for two minutes, then flip over with a spatula and cook for another minute or two on the other side. The pancakes should be about 8 cm in diameter and only 3–4 mm thick. You should be able to cook two or three in a large pan at the same time.
- Mix the sugar and spice together and sprinkle over the hot pancakes before serving.