

PICK UP A PANCAKE – Recipe booklet

Traditional Pancakes

Ingredients

- 190 g plain flour
- 3 ½ teaspoons baking powder
- Pinch of salt
- 1 tablespoon white sugar
- 295 ml milk
- 1 egg
- 45 g butter, melted



Photo courtesy of Heather/Creative Common

Method

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the centre and pour in the milk, egg and melted butter; mix until smooth.
2. Heat a lightly oiled frying pan over medium high heat. Pour or scoop the batter onto the pan, using approximately 60ml of the mixture for each pancake. Brown on both sides and serve hot.

www.allrecipes.com/Recipe/Good-Old-Fashioned-Pancakes/Detail.aspx

Cinnamon-Peach Cottage Cheese Pancakes

Ingredients

- 4 eggs
- 225 g cottage cheese
- 120 ml milk
- 1 teaspoon vanilla extract
- 30 g butter, melted
- 1 peach, shredded
- 125 g plain flour
- 25 g white sugar
- 1 pinch of salt
- ¾ teaspoon of baking soda
- 1 teaspoon ground cinnamon

Method

1. Mix eggs, cottage cheese, milk, vanilla, butter, and peach in a large bowl. Combine flour, sugar, salt, baking soda, and cinnamon in a small bowl. Stir flour mixture into the cottage cheese mixture until just combined.

2. Heat a lightly oiled frying pan over medium-high heat. Drop batter by large spoonfuls onto the pan, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

www.allrecipes.com/Recipe/Cinnamon-Peach-Cottage-Cheese-Pancakes/Detail.aspx

Banana Pancakes

Ingredients

- 125 g plain flour
- 1 tablespoon white sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg, beaten
- 235 ml milk
- 30 ml vegetable oil
- 2 ripe bananas, mashed



Photo courtesy of Jessica Spengler/Creative Common

Method

1. Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, vegetable oil and bananas.
2. Stir flour mixture into banana mixture; batter will be slightly lumpy.
3. Heat a lightly oiled frying pan over medium high heat. Pour or scoop the batter onto the pan, using approximately 60ml of the batter for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

www.allrecipes.com/Recipe/Banana-Pancakes-I/Detail.aspx

Whole grain pancakes

Ingredients

- 120 g whole wheat flour
- 120g plain flour
- 40 g oats
- 40 g brown sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 egg, beaten
- 475 ml milk
- 2 tablespoons oil

Method

1. In a large bowl, stir together the whole wheat flour, plain flour, oats, brown sugar, baking powder, and baking soda. Pour in milk and egg. Stir just until smooth.
2. Heat a lightly oiled frying pan over medium heat. Drop batter by large spoonfuls onto the pan, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

www.allrecipes.com/Recipe/Whole-Grain-Pancakes/Detail.aspx

Chocolate Chip Pancakes

Ingredients

- 250 g plain flour
- 2 tablespoon sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 pinch of salt
- 2 eggs, lightly beaten
- 475 ml milk
- 2 tablespoons vegetable oil
- 200 g miniature semisweet chocolate chips



Photo courtesy of D'arcy Norman/Creative Common

Method

1. In a bowl, combine the first five ingredients. Combine the eggs, milk and oil; stir into dry ingredients just until moistened. Pour the batter onto a lightly oiled hot pan – about 60ml for each pancake.
2. Sprinkle each pancake with 2 teaspoon chocolate chips. Turn when bubbles form on top of pancake; cook until second side is golden brown.

www.allrecipes.com/Recipe/Chocolate-Chip-Pancakes-3/Detail.aspx

Sweet Potato Pancakes

Ingredients

- 454 g sweet potato
- 160 g oats
- 30 ml olive oil (optional)
- 4 eggs
- 1 egg white
- 2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon
- 235 ml plain yogurt

Method

1. Pierce the sweet potato a few times with a fork. Wrap in a paper towel and cook in the microwave for 5 minutes at full power, or until tender. Cool slightly, and remove the skin with a small knife.
2. Meanwhile, process the oats in a food processor until powdery. Transfer the oats to a large bowl. Break the sweet potato into chunks, and place in the food processor. Blend until smooth. Transfer to the bowl with the oats, and stir in the olive oil, eggs, egg white, vanilla, cinnamon and yogurt. Adjust the thickness to your liking by adding more yogurt if necessary.
3. Heat a lightly oiled pan over medium heat. Pour 1/4 cupfuls of batter onto the pan when hot, and cook until bubbles appear on the surface. Flip, and cook on the other side until browned. Continue with remaining batter.

www.allrecipes.com/Recipe/Sweet-Potato-Pancakes-2/Detail.aspx

Savoury Filled Cottage Cheese Pancakes

Ingredients

- 40 g oats
- 55 g cottage cheese
- 2 egg whites
- water, as needed
- 1 clove garlic, diced
- 1 dash cayenne pepper
- salt and pepper to taste
- olive oil
- 35 g chopped mushrooms
- 30 g chopped fresh spinach
- 2 slices ham
- 30 g crumbled feta cheese

Method

1. Blend the oatmeal, cottage cheese, and egg whites in a blender until smooth; add water as needed to keep the mixture moving. Add the garlic, cayenne pepper, salt, and black pepper; blend to combine.
2. Prepare a saucepan with olive oil and place over medium heat; cook the mushrooms in the hot pan until tender, 5 to 7 minutes; set aside.
3. Heat a lightly oiled pan over a medium heat; cook the cottage cheese mixture in the hot pan until bubbles begin to form on the top. Flip the pancake and cook until browned on the bottom; remove from heat. Spread the mushrooms over one half of the pancake; top the mushrooms with the spinach, ham, and feta cheese. Fold the other half of the pancake over the fillings like you would an omelette.

www.allrecipes.com/Recipe/Savory-Filled-Cottage-Cheese-Pancakes/Detail.aspx

Simple Blueberry Pancake Recipe

(Makes 11-12)

Ingredients

- 250ml milk
- 100g blueberries
- 1 egg, lightly beaten
- 1 teaspoon vanilla extract
- 1 tablespoon melted butter
- ½ teaspoon salt
- 115g plain flour
- 1 teaspoon baking powder
- 2 ripe mashed bananas
- 1 teaspoon vegetable oil
- maple syrup to serve (optional)



Photo courtesy of Love-Janine/Creative Common

www.quickfreerecipes.com/simple-blueberry-pancake-recipe

Method

1. Put the milk, butter, egg and vanilla essence in a bowl and whisk together.
2. Sift in the flour, salt, baking powder and then stir, make sure not to over blend as the batter should be lumpy. Add the mashed bananas and blueberries.
3. Heat the vegetable oil in a frying pan over a medium heat. Add approximately 60ml of the batter to the pan for each pancake. Cook for around 3 minutes until the pancakes are a nice golden brown colour on the bottom, turn over and cook for 1 further minute. Repeat process with the rest of the batter mixture.
4. Serve the blueberry pancakes immediately and drizzle with maple syrup should you wish.

Thank you to P Mortimer for this recipe.

www.quickfreerecipes.com/simple-blueberry-pancake-recipe

Recipes courtesy of All Recipes unless otherwise stated.

Alternative pancake fillings

- Canned pie fillings, including blueberry, apple, cherry and peach, topped off with a dollop of whipped cream
- Syrups, such as chocolate, raspberry and strawberry
- Fresh fruit – the healthy alternative. You could try raspberries, strawberries or blueberries, or make a fresh fruit salad
- Peanut butter – try smearing this on a fresh pancake
- Apple sauce
- Cream cheese



- Flavoured yogurt
- Jam or preserves
- Warm honey
- Cheese
- Spiced pineapple (1/4 c. crushed pineapple blended with 1 tsp vanilla and 1/4 tsp. cinnamon)