

### Apple and Cinnamon Pancakes

120g self raising flour

1 egg

½ tsp cinnamon

1 tbsp caster sugar (or even better vanilla sugar or maple sugar)

Enough milk to make a soft dropping consistency

1 large cooking apple

For cinnamon syrup

2 tbsp golden syrup

½ tsp cinnamon

1. Into the **Classic Batter Bowl** measure the flour using one of the **Prep Bowls** (one full level prep bowl is approximately 4 oz or 120g flour), add the cinnamon and sugar using the **Adjustable Measuring Spoons**
2. Add the egg and start to whisk using either **Classic Whisk** or **Double Balloon Whisk**, add the milk a little at a time to form a thick batter, whisk well to minimize lumps. Leave to stand while you prepare the apple.
3. Peel the apple using our **Vegetable Peeler**, then using the **Apple Wedger** cut the apple to remove the core and leave in slices. Then use the **Food Chopper**, chop the apples, it is quite nice to have a variety of sizes of apple chunk.
4. Spritz the **Executive Griddle Pan** using **Kitchen Spritzer** filled with sunflower or a light oil and using **Large Scoop**, add 4-6 scoops to make 4-6 pancakes on the griddle pan
5. Cook for a few minutes either side until golden using **Small Mix and Scraper** or **Small Slotted Turner** to flip them over.
6. Meanwhile in a **Prep Bowl**, measure 2 tbsp golden syrup using **Adjustable Measuring Spoon** and ½ tsp of cinnamon. Mix to combine.
7. When pancakes are evenly cooked on both sides serve with a drizzle of cinnamon syrup (maple syrup or honey also very acceptable) and a couple of strawberries to garnish if seasonally available

Variations – replace spice and apple as you wish with seasonal fruits – this recipe works with anything from blueberries to peaches, pears or banana.

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