

## Scotch Pancakes

Prep time: 5 minutes Cooking time: 6 minutes



## Fruit Coulis

Prep time: 1 minute Cooking time: 5 minutes



### Ingredients

50g / 2oz self raising flour  
1 tablespoon granulated sugar  
1 egg, beaten  
3 ½ tablespoons milk  
2 teaspoons sunflower oil



### Ingredients

1 handful per person  
(blueberries/forest fruits or any  
type of berry, fresh or frozen)  
A little water if using fresh fruit



### Method.

- Put flour and sugar in a bowl. Add the egg and milk. Mix to the consistency of thick cream
- Lightly coat a frying pan in the oil
- Heat the pan and drop spoonfuls of the mix onto the surface. Let bubbles come to the surface and then turn over. Cook on each side for 2 – 3 minutes

### Method.

- Put the fruit in a pan and bring to the boil. Stir so fruit does not burn. Reduce heat and simmer, allow berries to cook until juice comes out easily - you may want to add a little water to prevent sticking
- Serve with pancakes, as a dip or with yoghurt



**Tip!**  
Berries are bursting  
with Vitamin C