



Speedy
Lunch

Carrot and Sultana Spiced Pancakes

Ingredients - Makes 4 large/ 8 mini pancakes

- 100g wholemeal self-raising flour
- 100mls milk
- 1 large egg
- 80g grated carrot
- 50g raisins/sultanas
- 1 tsp ground mixed spice
- 1 tbsp vegetable oil
- 4 tbsp natural yoghurt

Method

1. Add the flour, mixed spice, egg, grated carrot, yoghurt and milk to a large mixing bowl
2. Use a fork to mix all the ingredients together
3. Stir in the sultanas/raisins
4. Heat a non-stick frying pan on medium heat. Add 2-3 drops of oil
5. Use a ladle to spoon a small amount of mixture into the pan
6. Cook for 2 to 3 minutes on each side, until golden
7. Repeat with your remaining mixture

