



VITAL STATISTICS

Preparation Time

10 minutes

Cooking Time

15 minutes

Serves

4

INGREDIENTS

200g plain flour
1 tbsp Bart Baking Powder
2 tbsp caster sugar
1 egg
275ml milk
4 apples, peeled & chopped into chunks
45g butter
pinch of Bart Ground Cinnamon
maple syrup to serve

APPLE & CINNAMON BREAKFAST PANCAKES



In a bowl, mix together the flour, baking powder and 1 tbsp sugar. In a jug, whisk together the egg and milk, then beat into the flour to make a thick batter.

Meanwhile, melt half the butter in a pan, add the apples, 1 tbsp sugar and a pinch of cinnamon and cook gently, stirring frequently, until soft. Keep warm.

Melt the remaining butter in a non-stick pan then drop in a spoonful of the batter. When little bubbles appear on the surface, turn over and cook until golden on both sides.

Serve with the apple and some maple syrup.