

Low Protein Crumpets

Ingredients

300g Loprofin Low Protein Mix

1 sachet dried yeast (supplied with Loprofin Mix)

1 teaspoon salt

1 teaspoon bicarbonate of soda

250ml/10fl.oz tepid water

200mls Low protein milk, tepid

Vegetable oil

Method

1. Place the Loprofin Mix, yeast, salt and bicarbonate of soda into a large bowl. Combine the water and milk and pour into the dry ingredients.
2. Mix thoroughly for 4-5 minutes to form a thick batter. Cover and leave in a warm place for 1 hour
3. Pour a drop of oil into a non-stick frying pan and rub around the surface with kitchen roll. Place the pan over a medium heat and drop in tablespoons of the mixture.
4. Cook for 3-4 minutes until the surface of the crumpets appears dry and 'holey'. Flip the crumpets over and cook for a further minute to colour the top.
5. Carefully remove from pan and allow cooling on a wire rack/kitchen towel. Repeat with the remaining mixture.

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