

## **Pancakes**

### **Ingredients**

4oz (120g) plain flour

1 egg, lightly beaten

½ pint or 300ml soya milk or other suitable milk substitute

Vegetable oil for frying

### **Method**

1. Sift flour into a bowl
2. Add the egg then gradually add half the milk, beating well to make a smooth batter. Beat in the remaining milk.
3. Heat a little vegetable oil in the frying pan.
4. Pour in a little batter and tilt the pan so that the pan covers the base.
5. Cook until the underside is golden, then turn and cook the other side.
6. Repeat until all the batter has been used.