

Wholemeal Pancakes with Orange (Serves 4)

Ingredients

300ml soya milk

1 egg

125g wholemeal plain flour

Finely grated zest of 1 orange

2 oranges

4 teaspoons sunflower oil

4 teaspoons caster sugar



Method

1. Place the soya milk into a blender or food processor, and add the egg, flour and finely grated orange zest. Whisk the mixture together until smooth.
2. Use a serrated knife to cut away the orange peel and pith. Cut the oranges crossways into slices.
3. Heat the oil in a non-stick pancake pan, add a ladle of mixture, tip the pan so the mixture just covers the base and cook for 30 seconds. Flip the pancake over and cook for another 30 seconds.
4. Place the pancake on a warm plate in a low oven and repeat the above method to make 7 more pancakes, inserting a piece of greaseproof paper between each when warming in the oven.
5. To serve, fold the pancakes into quarters, add the orange slices and sprinkle with caster sugar.

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