

# Wholegrain Pancakes with Fruit & Honey



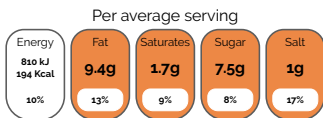
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# Wholegrain Pancakes with Fruit & Honey

SERVES 2, VEGETARIAN

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Of an adult's Reference Intake (84000KJ / 2000Kcal)  
Typical values per 100g: Energy 724KJ/173KCal

## INGREDIENTS:

20g Wholemeal flour  
20g plain flour  
1 tsp flaxseeds  
1 tsp camelina seeds  
1 tsp sunflower seeds

½ tsp baking powder  
½ tsp salt  
80mls milk  
2 tsps. oil  
10g blueberries

10g strawberries  
20g plain flour  
10g blackberries  
2 tbsps. natural yoghurt  
1 tbsp honey

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## METHOD:

1. Sieve the wholewheat flour and mix in the plain flour.
  2. Put the flour and all the seeds, baking powder and salt in a large bowl and use whisk to combine them thoroughly.
  3. Add the milk and 1 tsp of oil and whisk till smooth.
  4. Half the strawberries and remove the husk, mix with the other berries.
  5. Cook the pancakes in a frying till golden on both sides and then bake for 3 minutes at 180\*c.
  6. Serve with the fresh berries, yoghurt and a drizzle of honey.
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