



Pancake mix: Serves 4

3 eggs

500 gm flour

1-3 cups of milk

Add milk till you get a batter that sticks to your finger but whisk well- light and fluffy is always best.

Topping:

Strawberries

Bananas

sultanas

1 lemon

3 tablespoons of natural yoghurt

300-400 gms Ricotta

Maple syrup

1 dash of Vanilla

1 small tablespoon of honey

1 tablespoon of butter

1 tablespoon of vegetable oil

Handful of walnuts- crushed is fine (to be given to children over 2 years and only after allergy tested)