

Apple and Blackberry Pancakes

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Turn over for the recipe...



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How
difficult is it?



Recipe Card

Apple and Blackberry Pancakes

It's the perfect time to go foraging for wild blackberries. Step away from busy roads to find yours, and give them a good wash before enjoying this completely free superfood. Grating an apple into the pancake mix adds extra fruit, and is a classic combination with blackberries.

Apple Pancake Ingredients

- 1 tbsp ground flax seed mixed with 3 tbsp warm water (or you can use 1 egg if not allergic)
- 160ml dairy-free milk
- 150g gluten-free self-raising flour
- 1 dessert apple, peeled
- 1 tsp oil
- Extra blackberries, to serve

Blackberry Sauce Ingredients

- 150g blackberries (frozen if out of season)
- 1 tablespoon maple syrup, honey or sugar
- 2 teaspoons lemon juice
- 40g coconut oil

Apple Pancakes

➤ Whilst you are simmering the sauce, mix the ground flax seed with the water and leave for 5 minutes. If you are using an egg instead of the flaxseed, lightly beat it in a bowl.

➤ Add the milk to the flax mixture (or egg, if using) and whisk lightly. Tip in the flour and grate in the apple using the coarse side of the grater. Stir until fully incorporated and lump-free.

➤ Heat a heavy-based pan, ideally with a lid. Heat half the oil, and spread around the pan so that it covers the base evenly.

➤ Spoon in heaped tablespoons of mixture to make individual pancakes. My large pan will fit in 5 or 6 at a time, but you may have to do more batches if your pan is smaller. Cover with a lid or foil, and leave for 3 minutes, until the tops of the pancakes are set and puffed up. Turn and cook for a further minute on the other side.

➤ Serve with the blackberry sauce over and top with extra blackberries to serve.

Blackberry Sauce

➤ In a small pan, heat the blackberries, natural sweetener and lemon juice. Bring to the boil and simmer for 5 minutes.

➤ Add the coconut oil and blitz with a blender. You can sieve the seeds out, but it's not necessary.

➤ Cool until needed.

