



Recipe Card

Pink Berry
Pancakes

How
difficult is it?



Ingredients

- 150ml apple juice
- 75g cherries, or raspberries for a pinker colour
- 1 tbsp ground flax seeds, alternatively you can use an egg
- 3 tbsp warm water, leave out if using the egg
- 150g gluten-free self raising flour
- 1/2 tsp baking powder, gluten-free if required
- 1 tsp coconut oil

Serves 8 pancakes

Pink Berry Pancakes

A completely gluten-free, egg-free and dairy-free pancake. Raspberries will give a more pink pancake, but we quite liked the pinky-purple colour that the cherries made. Why not experiment with your favourite berry taste/colour combination? Blueberries, blackberries and strawberries would all work, simply change with the seasons!

Instructions

1. Mix the ground flax seed with the warm water and leave for 5 minutes to thicken. alternatively, if you are able to tolerate eggs, leave out this stage, and lightly whisk the egg in a bowl.
2. Blend the apple juice and cherries together, add to the flax seed mixture or egg, and then whisk in the flour and baking powder.
3. Heat the coconut oil in a large frying pan (ideally with a lid) over a medium-low heat, and ensure the melted oil is spread over the base of the pan.
4. Add spoonfuls to the pan to make your pancakes. Cover, and leave until risen and the edges are looking dried. Turn over and cook for another couple of minutes.
5. Serve immediately with more berries, a sprinkle of icing sugar and maple syrup if you like it sweet.
6. Can be reheated in the toaster for a snack.