

Fluffy Breakfast Pancakes



Serves	4
Prep time	5 minutes
Cook time	20 minutes
Total time	25 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast
Misc	Child Friendly , Serve Hot
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Ingredients

- 1 cup Wholemeal self raising flour (sifted, with the husks added back in)
- 1 cup Milk
- 1 Egg
- pinch Sea salt
- 1 Pear (peeled)
- Butter

To serve:

- Maple syrup or rice malt syrup

To serve: (Optional)

- Natural or vanilla yogurt (amines)
- Light smooth ricotta

Directions

1. Add the flour milk, egg and salt in a mixing bowl and whisk until smooth.
2. Grate the pear and stir into the batter.
3. Heat a large frying pan over medium heat. Melt a knob of butter in the pan then add the batter a spoonful at a time. You should be able to cook about 3 at once.
4. Cook for a few minutes until they are golden on the bottom. Flip over and cook for a few minutes on the other side.
5. Serve straight away with a dollop of yoghurt/ricotta and syrup drizzled over the top.

Note

Low Chemical / Failsafe

Makes 10 pancakes

Variations: fill the pancakes with any fruit of choice in place of the pear