

Berry Cream Pancakes

Equipment: Measuring equipment, custard cup, small and medium mixing bowls, small saucepan, non-stick frying pan, plastic egg flipper, whisk, fork

Ingredients:

Berry Sauce:

50 ml apple juice
5 ml cornstarch
125 ml blueberries

Yogurt Sauce:

80 ml plain yogurt
15 ml honey or maple syrup

Pancakes:

75 ml all-purpose flour
50 ml whole-wheat flour
7 ml baking powder
10 ml sugar
1 ml salt
1 egg
125 ml buttermilk
butter or margarine to grease pan



Method:

For sauces:

1. Prepare berry sauce: In a small saucepan, toss berries with cornstarch to coat. Stir in apple juice. Simmer until thickened.
2. Prepare yogurt sauce: Stir honey or syrup into yogurt in a custard cup.

For pancakes:

1. Whisk dry ingredients together in a medium bowl.
2. In a small mixing bowl, beat egg with milk.
3. Make a well in the dry ingredients and pour in egg mixture. Combine.
4. Heat non-stick frying pan over medium heat. Melt butter or margarine.
5. Using the 125 ml cup, pour batter into frying pan. Cook until bubbles begin to break on top and edge looks dry. Carefully flip pancake with egg flipper and brown the other side.
6. Serve pancakes topped with yogurt sauce and berry sauce.