

Pancakes

Ingredients

220g of plain flour

680ml soya milk, or oat milk maybe more to loosen

1/2 tsp salt*

5 tbsp of vegetable oil, (or other neutral-flavoured oil) plus extra to cook the pancakes



Method

1. Add the flour and salt to a mixing bowl and make a well in the centre. Gradually pour in the almond milk, whisking as you go until you get a smooth batter
2. Add the oil and whisk until smooth and combined
3. Heat a tiny dash of oil in a non-stick pan. Once hot, add a fine coating of the batter to the bottom and tilt the pan so it spreads out into a nice circle
4. Relax for a few minutes while the batter firms up – when the wobbly softness goes, pop a spatula under an edge to see how its coming along underneath. Once golden on the underside, flip it!