



Serves	6-8
Prep (min)	5
Cook (min)	2-3

VANILLA & CHOCOLATE PICTURE PANCAKES!!

Time to get creative in the kitchen. **Remember** to let a grown-up check every packet label for allergens (and traces of allergens) before you start.

Free from

Dairy
Egg
Wheat
Gluten free
Nuts
Peanut
Soya
Sesame
Shellfish
Fish

Ingredients

1 grown-up
230g wheat & gluten-free plain flour
480ml dairy-free milk
1 tbsp linseed (ground down the seeds) **see substitutions**
1 tsp vanilla extract
+ 1 tbsp cocoa powder (for the chocolate batter)

sunflower oil for frying

Substitutions

Instead of linseed:
2 tbsp sunflower oil + 1 tbsp extra of wheat & gluten free plain flour

Method

Make sure a grown-up helps you with the cooking because the frying pan will get very, very hot!

1. In a large bowl mix together the gluten-free flour, dairy-free milk, ground linseed and vanilla extract, until you reach a smooth batter.
2. Now divide the batter into two bowls and add one tablespoon of cocoa powder to one of the bowls to make the chocolate batter! Mix well and set both bowls aside to rest for 30 minutes.
3. Over a medium heat, drizzle a little sunflower oil in a non-stick frying pan. When heated, create your picture pancake masterpieces by first adding drops of one batter to your pan to make your design. Then immediately spoon a thin layer of the second batter over the top to complete your pancake!
4. Cook for 1-2 minutes on one side, flip and cook for a further 30 seconds on the other. Top with your favourite topping and enjoy!

More Picture Pancake ideas: Star, heart, sunshine, flower, your initial, polka dots, stripes, swirls, Mona Lisa or a smiley face... the choice is yours!



A world of serious fun

IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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