

# *Spice is Nice II*

## **Simple Pancakes**

### Ingredients

6 oz wholemeal flour  
2 medium sized eggs  
1-2 tbsp caster sugar  
1 tsp ground cinnamon  
1 tsp ground nutmeg  
7 oz milk  
Some unsalted butter

### Method

In a large bowl, put all the ingredients except the butter  
Beat until you have a smooth batter  
Heat a frying pan, when hot add a little butter  
Pour about 2-3 tbsp batter in pan and tilt the pan in a circular motion  
After about 2 minutes, using a thin steel spatula, turn the pancake over  
Two minutes later remove and place on a plate  
Continue until the batter is all gone