

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