

INGREDIENTS:

- 115g wholemeal spelt flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 150ml soya milk
- 240g soya yogurt
- 1 tsp vanilla extract
- drop of rapeseed oil
- 200g strawberries, hulled and halved or quartered if large
- 2 tbsp chopped pecans
- a few small mint leaves, optional

**NUTRITION PER SERVING:**

KCAL: 453
FT: 19G
SATURATES: 4G
CARBS: 46G
SUGARS: 11G
FIBRE: 13G
PROTEIN: 16G
SALT: 0.9G

HOW TO PREPARE:**STEP 1:**

Mix the flour with the baking powder and cinnamon in a bowl using a balloon whisk. In a jug, whisk together the soya milk, 2 tbsp of the yogurt and vanilla extract, then whisk this into the dry ingredients to make a thick batter..

STEP 2:

Rub the oil around the pan using kitchen paper, then set the pan over a medium heat. Spoon in 1½ tbsp batter in three or four places to make small pancakes. Cook over a low heat for 1-2 mins until set, and bubbles appear on the surface, then turn the pancakes using a palette knife. Cook for another 1-2 mins until golden and cooked through. Repeat with the remaining batter to make six pancakes in total.

STEP 3:

Serve three pancakes per person topped with the remaining yogurt, berries, pecans and mint leaves.

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PREP TIME: 10 MINS

COOK TIME: 8-10 MINS

SERVINGS: 2(MAKES 6 PANCAKES)