

Wholemeal Pancakes

Vegetarian nut-free dairy-free Thermomix recipe

Serves: 6-8

Ingredients

1 tablespoon (20g) melted butter
1 free-range egg
1 cup (250ml) soy/rice milk
¾ cup (140g) Wholemeal self-raising flour
1 heaped Tbsp (40g) Rapadura sugar or Xylitol
¼ tsp baking soda
1 tsp vinegar
1 tsp vanilla essence or vanilla bean paste



Blender Method

1. First melt butter for 5-10 seconds in the microwave.
2. Add flour, egg, milk and butter to mixing bowl. Using a whisk blender, mix together for approx. 20 seconds on medium speed until smooth.
3. Add rest of the ingredients and mix for a further 10-15 seconds on medium speed until smooth. The consistency should be like honey. Let mixture rest for 5 minutes.
4. Heat oil in a griddle or fry pan. Turn down heat to medium and pour ⅓ to ½ cupfuls of mixture onto griddle/pan and cook until starting to bubble at the edges. Using a flat spatula, flip over and cook other side. Serve with maple syrup or honey or fresh fruit.

Thermomix Method

1. First melt butter for **40 seconds at 50°C on speed 4**.
2. Add all ingredients into TM bowl. Mix for **30 seconds on speed 5** until smooth. The consistency should be like honey. Using the TM spatula, check that the bottom of the TM bowl is smooth, if not mix for a further 10 seconds.
3. Heat oil in a griddle or fry pan. Turn down heat to medium and pour ⅓ to ½ cupfuls of mixture onto griddle/pan and cook until starting to bubble at the edges. Using a flat spatula, flip over and cook other side. Serve with maple syrup or honey or fresh fruit.

Tips

- For a savoury pancake style, serve pancakes with cooked mushrooms or tomatoes, smoked salmon and baby spinach.
- If mixture is too thick, add a dash of extra milk and quickly blend again. If mixture is too thin, let it rest for longer and check consistency again, it should be thicker.