

MANUKA HONEY AND CINNAMON PANCAKES

from Lotte Brouwer

Ingredients

70g regular flour

70g wholemeal flour

2 teaspoons baking powder

1 teaspoon cinnamon

1 tablespoon Steens Raw Manuka Honey

2 eggs

1 cup buttermilk

1 teaspoon pure vanilla

Butter for frying

Method

1. In a bowl add flours, baking powder, cinnamon and mix together.
2. In another bowl whisk eggs, buttermilk, vanilla and Steens Manuka honey.
3. Slowly add the wet mixture to the dry ingredients, stirring to make a thick, smooth batter.
4. Heat a little butter on medium heat in a non-stick fry pan, drop in large tablespoons of batter and cook approx. 2-3 mins or until bubbles appear on the surface then flip over for 1 min.
5. Keep cooked pancakes warm while cooking the rest of the batter.
6. Stack pancakes, top with yoghurt, fruit (we used organic blueberries) and drizzle with Manuka honey



New Manuka Honey

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