

Blueberry Pancakes



FOR 2 PEOPLE

PREPARATION TIME 5 MIN

COOKING 3 MIN

Ingredients

1 cup blueberry hearts
1 sachet yeast
2 tbsp peanut oil
200 g flour
2 eggs

100 g sugar
200 ml skim milk
Maple syrup, honey * or jam * to pour over pancakes

*available at La Maison du Fruit Confit.

Recipe

- 1 Mix the flour, sugar and baking powder in a bowl. Make a well and pour in the milk and peanut oil. Mix well.
- 2 Beat the eggs into an omelette and add to the mixture. Mix well. Pour a ladleful of the batter into a very hot, oiled frying pan. Immediately pour 2 tablespoons of blueberry hearts over the batter. Lower the heat to medium.
- 3 When small bubbles form on the top surface of the pancake and burst, turn the pancake over and cook for about 1 min.
- 4 Place the pancake on a plate. Make the other pancakes in the same way. Drizzle a little maple syrup, honey or jam over the pancakes if you like before eating.