

## Pink Pancakes

Makes approx. 35

<b>Equipment:</b>	<b>Ingredients:</b>
Small bowl Whisk Measuring cups and spoons Large bowl Wooden spoon 2 large frypans Egg flip	3 eggs 3 cups of plain white or whole wheat flour 3 heaped tsp baking powder 550 ml apple juice 375 g of fresh beetroot (cooked or raw), finely grated 1 and 1/2 tsp mixed spice ½ tsp of salt Olive oil for frying Butter and honey, to serve

### What to do:

1. Whisk the egg until frothy. Add flour, baking powder and a pinch of salt. Pour in the apple juice. Give it all a good whisk, then fold in the beetroot and add the mixed spice.
2. Warm a frying pan over a high heat. Brush on some olive oil. Place dessert spoonfuls of pancake batter in the middle of the pan.
3. As soon as the pancake starts to bubble in the centre, flip it over for 2 minutes or so, until cooked through. Don't be tempted to press the pancake down in the pan as it will expel all the lovely air bubbles that make it nice and fluffy.
4. When all your pancakes are cooked, drop a dot of butter on to the top of each, and then drizzle with honey.