



Pancreatic
Cancer Action

Purple Pancake Recipe

Packed with antioxidants, the addition of blueberries gives a healthy twist on a traditional American-style pancake - and they taste fab too!

Serves 4, makes 12-16 pancakes

Ingredients:

300g (10 oz) plain flour
3 teaspoons baking powder
2 tablespoons caster sugar
2 eggs, lightly beaten
750ml buttermilk
75g unsalted butter, melted
150g (5 oz) blueberries, pureed
Extra unsalted butter for greasing pan
Extra berries, yoghurt and honey, to serve



Method:

Stir the flour, baking powder and sugar together in a bowl. Add the eggs, buttermilk and melted butter. Whisk to combine.

Heat a large non-stick frying pan over a medium heat and melt $\frac{1}{4}$ teaspoon of the extra butter. Pour $\frac{1}{3}$ cup of pancake batter into the pan and cook for 2-3 minutes until bubbles appear on the surface. Turn the pancake over gently (or flip!) and cook for another minute.

Transfer cooked pancakes to a plate and keep warm (oven at 120°C) while cooking the rest of the pancakes.

Serve with extra berries, yoghurt and drizzled with honey

Serve the pancakes up as you cook them, or if you all want to eat together, start cooking at least 30 minutes before you want to start serving.

The pancakes will keep covered in the fridge for 3-4 days, allowing you to make them in advance and reheat in microwave when needed.

If you can't get hold of buttermilk try squeezing half a lemon into some milk.

For an even healthier option, substitute the plain flour for a whole wheat or gluten free variety, and if you don't want to use sugar, try a substitute such as Splenda instead.

Enjoy!

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