



The Try Team's freefrom traditional style pancakes with lemon and sugar

Free from wheat, gluten and dairy products

Serves 4 (makes 8 pancakes)

Ingredients

For the batter:

2 large eggs

175ml Alpro soya milk

25g Sainsbury's freefrom vegetable spread,
plus an extra 25g for greasing pan

150g Doves Farm gluten free plain white flour
blend

15g caster sugar

Mary's Try Tip

These pancakes make a brilliant 'fresh pasta substitute', simply leave out the sugar from the above recipe! Try making 'cannelloni' by rolling them up with your favourite cannelloni filling or 'lasagne' by layering them up in a lasagne dish with the lasagne filling of your choice. They even make fantastic 'fresh tagliatelle'. To achieve really long ribbons, use kitchen scissors to cut each pancake into a single spiral. Plunge into boiling water to heat through, drain and serve with your favourite pasta sauce.

Method

Place the batter ingredients in a blender, liquids first. Blend.

Grease the pan then place over a medium heat. Add a few spoonfuls of batter and tilt the pan to evenly coat it with a thin layer of batter.

Cook gently until the batter is set firm. Flip the pancake and cook the other side.

Repeat until all the batter is used.

Sprinkle each pancake with caster sugar and lemon juice, roll up and serve hot.

Storage notes

Suitable for freezing

Recipe by Mary Scott Mangan