

SERVES 4 ★ PREP 15MIN ★ COOK TIME 15MIN

HONEY CREPES

INGREDIENTS

1½ cups (185g, 6oz)
plain flour, sifted

½ tsp baking powder

2 tbsps sugar (divided)

1 tsp cinnamon

2 tbsps butter, melted

1 tsp vanilla essence

2 cups (500ml, 1pt)
milk

2 eggs

Vegetable oil or butter,
for frying

½ cup (180g, 6oz)
honey, to serve

1 lemon, juiced



METHOD

1. Combine the flour, baking powder, 1 tbsp sugar and cinnamon in a small mixing bowl.
2. In a separate bowl combine the melted butter, vanilla, milk and eggs.
3. Pour wet ingredients into dry ingredients and whisk until a smooth batter forms.
4. Heat oil or butter in a frying pan over a medium-high heat. Pour in a small amount of batter. Lift and rotate the pan to spread the batter around the base.
5. After 2-3 minutes use a spatula around the edges, shake to loosen and then flip to turn over. Cook for a further 2-3 minutes on the other side. Set aside and repeat until you have made 8 pancakes.
6. Drizzle honey over the pancakes and then roll up to form a crepe. Serve hot with extra honey and lemon juice.