

A big smiley thank you to TV Chef and Co-Founder of Foodoppi Aisling Larkin for these delicious pancake recipes!



Red Velvet Pancakes with a Maple & Cream Cheese Syrup

Makes 8/10 pancakes

200g plain flour (or 150g plain flour and 50g wholemeal flour)
50g icing sugar
1 tsp baking powder
1 tsp baking soda
1 or 2 tbsp cocoa (depending on colour & flavour preference)
2 eggs
200mls milk
1 tsp vinegar (any vinegar)
1 or 2 tsp red food colouring (gel not liquid)
2 tbsp oil / melted butter

Maple Cream Cheese Syrup
100g cream cheese (full fat)
2 tbsp cream
50g icing sugar
1 tsp vanilla
3 tbsp maple syrup

Method Pancakes

1. Put all the dry ingredients in one bowl - (sieve in the flour, cocoa, baking powder, baking soda & salt).
2. Put all the wet ingredients in the measuring jug - (Combine vinegar & milk together first and allow to sit for 3 or 4mins). Then add in eggs, vanilla & melted butter / oil. Whisk together.
3. Heat up a mixture of butter and oil in the pan and begin to fry the pancakes. Begin on a medium to high heat and then as they cook reduce to a medium to low heat.
4. As they firm up around the edges and bubbles form on top flip them over. Cook for about 2 mins on each side.

Syrup

5. To make the syrup, pop the cream cheese in a mixing bowl along with the cream, maple syrup, vanilla and icing sugar. Whisk until smooth and spoon over warm pancakes.
6. Optional: Drizzle some chocolate sauce over the top.
7. Enjoy!



Super Simple Crepes



Method

1. Blitz all the ingredients in the food processor or Nutri bullet.
2. Heat up the pan to a high heat, pour in 1/2 tsp oil and 1/2 tsp butter. Then using some kitchen paper wipe put the excess. Pour the pancake batter in to the centre of the pan and cook for about 2 minutes on each side (depending on the size & thickness).
3. Cook in batches, adding a little oil and butter each time and wiping out the excess. Layer a little parchment paper between each pancake to stop them sticking together.
4. Serve with any topping you like. Nutella, berries and fresh cream, lemon juice and sugar.
5. And remember be sure to add a smiley face.

Optional: Add a handful of spinach to the blender and blitz and it makes the most delicious savoury pancakes. Effect to stuff with a little halloumi and guacamole.

1 mug flour
1 mug milk
1 large egg



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Fluffy Pancakes

Makes 8

Ingredients

175g plain white flour
1 tbsp baking powder
1 large egg
250mls milk
Optional: 40g butter melted
Vegetable oil for frying

Sweet Blueberry Pancakes

50g castor sugar
75g blueberries
2 tsp vanilla
To serve: lemon yogurt and fresh mint

Goats Cheese and Courgette Pancakes Topped with Smoked Salmon

75g goats cheese
75g courgette (grated and strained)
To serve: smoked salmon or a poached egg & chives

Method

1. Sieve the flour and baking powder into a bowl.
2. Combine the egg and milk in a jug. Whisk lightly.
3. Whisk together the wet and dry ingredients until it forms a smooth batter. Whisk in the melted butter. Do not overwork. Divide the batter into two bowls.
4. Sweet Blueberry Pancakes : Whisk the sugar and vanilla into the batter. Stir in the blueberries. Fry and serve topped with lemon yogurt, fresh blueberries, mint and a drizzle of warmed blueberry jam.
5. Goats Cheese & Courgette Pancakes: Grate the courgette and squeeze out any excess water through some kitchen paper. Crumble the goats cheese into the batter and stir in the courgette. Fry and serve topped with a slice of smoked salmon and garnished with fresh chives.
6. To Fry : Using a non stick pan, over a medium to high heat warm the oil. Spoon in the pancake batter into circle shapes. Allow to cook for about 2 minutes. Flip them over when small bubbles appear on the surface. Cook for another 2 minutes.
7. Keep warm in an oven, using little sheets of parchment paper between each until they are ready to serve.
8. Enjoy!



Cream Cheese Pancakes topped with Cherries



Method

1. Preheat the oven to 100. Cut parchment paper into rectangles about 7x7cm.
2. Sieve the flour, baking soda and baking powder into a baking bowl. Stir in the sugar and salt.
3. Combine the egg, buttermilk, vanilla, vinegar and most of the melted butter (reserve a little for frying) together in a jug.
4. Make a well in the centre and whisk the wet ingredients in to the dry ingredients. As the batter sits for a few minutes, cut the cold cream cheese in to small cubes. Stir them in to the pancake batter.
5. Add the butter and oil to the pan. When hot, pour in the batter and cook for 1 – 2 minutes on each side. You know they are ready to flip when they begin to bubble on the surface and the edges go a golden brown colour. Flip and cook the other side. Lay on an oven proof tray and cook the batch of pancakes. Put a piece of parchment in between each one and keep them warm in the oven.
6. Bring to the table and serve with fresh raspberries, maple syrup and cubes of cream cheese. Dust with icing sugar.

100g cream cheese (hard block if possible)
150g flour
2 big tbsp sugar
1 tsp baking powder
1/2 tsp baking soda
Pinch of salt
275mls buttermilk
1 egg
1/4 tsp vinegar (any kind)
1 tbsp vanilla extract
100g butter
1 tbsp oil
Cherries (fresh, frozen or tinned)
Maple syrup

Peanut Butter, Oat & Banana Pancakes

Putting the 'cake' into pancakes

1 banana
2 tsp vanilla
1/2 mug oats
1 mug plain flour
2 tsp baking powder
4 tbsp peanut butter (2 heaped dessert spoons)
1 egg
1/2 mug milk
2/3 tsp vegetable oil

Method

1. Mash the banana in a large mixing bowl. Stir in the vanilla.
2. Pour in the oats, the flour and the baking powder.
3. Pour 1 tsp oil on your frying pan and begin to heat over a medium heat.
4. Using a whisk, quickly whisk in the peanut butter, egg and milk until it forms a thick batter.
5. You will notice they puff up quickly. This is the chemical reaction with the raising agent.
6. Spoon 2 dollops of mixtures for each pancake and fry on the pan over a low to medium heat. (Remember these are not crepes and need a lower, slower heat to cook through).
7. Allow to cook for about 2/3 minutes on each side. When bubbles appear on the surface flip them over and cook for another 2 / minutes.
8. As you continue to cook these pancakes, keep the cooked ones warm in a low oven and serve as a stack.
9. Drizzle with maple syrup and serve a dollop of peanut butter and Nutella on the side.
10. Enjoy!



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