

**BREAKFAST**  
Exclusive Recipe

## Apple & Blackberry Pancakes

Blackberries contain fabulous health giving anti-oxidants as do all deep, dark, red, blue and purple fruits. So this is a perfect breakfast to set you up for a cold day ahead!

Serves 4

4 eating apples, peeled and sliced  
2 tbsp caster sugar  
A few drops vanilla extract  
Pinch ground cinnamon  
300g blackberries

For the pancakes

150g plain flour  
2 medium eggs, beaten  
200ml skimmed milk  
Cooking oil spray



- To make the filling, put the apples, sugar, vanilla extract and cinnamon in a saucepan with 2tbsp water. Cover and cook over a medium heat for 10 min or until the apples are soft. Add the blackberries and cook for a further 5 min.
- Meanwhile, make the pancakes. Sift the flour into a mixing bowl. Add the eggs, milk and 100ml cold water and whisk until you have a smooth, thickened batter.
- Heat a 20cm non-stick frying pan over a medium heat and spray with oil. Add a small ladleful (about 4–5tbsp) of the batter to the hot pan and swirl around to coat. Cook for 1–2 min until golden, then toss or turn the pancake over with a spatula and cook for 1 min more or until golden. Transfer to a plate and cover with a clean thick tea towel to keep warm. Repeat with the remaining batter to make 7 more pancakes.
- Top each pancake with an eighth of the apple and blackberry mixture, then fold over. Serve 2 pancakes per person, with any leftover fruit mixture on the side.