

Beetroot Pancakes - serves 4



Ingredients

- 3 small cooked whole beetroot, chopped
- 50ml milk
- 200g self raising flour
- 1 tsp baking powder
- 2 tbsp maple syrup
- ½ tsp vanilla extract
- 3 eggs
- 25g butter, melted plus extra for frying

To serve (optional)

- 200g frozen mixed berries
- 2 tbsp blackcurrant jam
- 100g Greek yogurt

Method

- **STEP 1** - Put the beetroot in a jug with the milk and blend with a stick blender until smooth. Pour into a bowl with the rest of the pancake ingredients and whisk until smooth and vibrant purple.
- **STEP 2** - Put a small knob of butter in a large non-stick frying pan and heat over a medium-low heat until melted and foamy. Now create 3 or 4 pancakes each made from 2 tbsp of the batter. Cook for 2-3 mins then flip over and cook for a further minute until cooked through. Repeat with any remaining batter. Heat oven to lowest setting and keep the pancakes warm in there until needed.
- **STEP 3** - Serve with your favourite pancake toppings or make a simple compote by simmering frozen berries in with 1 tbsp blackcurrant jam until bubbling and syrupy (about 5-10 mins). In a small bowl stir together the remaining jam and the yogurt. Stack the cooked pancakes with the yogurt and pour the warm berry compote over the top.



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