

# Apple Bircher muesli Pancakes

These are lovely fruity and fluffy pancakes – more American style pancakes than French crêpe - small and plump, as opposed to thin a plate-size! Apple Bircher muesli is the original muesli Dr Bircher-Benner discovered, and apple is the main fruit that naturally sweetens these pancakes.

*You will need a 'skillet' or a thick-bottom frying pan.*

*For 14 to 16 pancakes.*

*Dry:*

100g self-raising flour.

A pinch of salt.

200g Hugo's Apple Bircher muesli (or any other good Bircher muesli).

4 teaspoons of baking powder

2 teaspoons caster sugar.

2 tablespoons chopped, roasted hazelnuts.

*Wet:*

3 large eggs

284ml pot buttermilk (250ml milk will do, but mix in a heaped tablespoon plain yoghurt).

30g melted butter

1 teaspoon vanilla essence

1 small eating apple, cored and diced small - 5mm- ¼ inch (leave in water with a dash of lemon juice to stop going brown).

Vegetable oil.



In a mixing bowl, put in all the 'Dry' ingredients, mix together and form a well in the middle. In another mixing bowl, put in all the 'Wet' ingredients, except the diced apple and oil, and whisk together, then pour into the well in the 'Dry' ingredients. With a balloon whisk (you could use a wooden spoon if you are a strong beater!) whisk in the dry ingredients, gradually until it becomes a batter. Remove the diced apple from the water and lemon juice and stir into the batter. Leave the batter to rest in a fridge for at least 30 minutes – even over-night.

Heat up a skillet or a thick-bottom frying pan over a moderate heat – not too hot. Put three drops of oil onto the hot skillet and then a dessert-spoon of batter on each drop of oil. Cook for 2 to 3 minutes; you will see little burst bubble form, that will indicate the pancakes are ready to flip over. Cook for a little over a minute until they have puffed up. Serve immediately 3 or 5 at a time with maple syrup and cream, or a fruit compote, or all three!!