

Purple Pancakes

Makes approximately 8 large, or lots more smaller pancakes. As a fun alternative, you could fill an old squirty bottle with pancake batter and write and cook pancakes in the shape of your family's initials or other shapes.

What you'll need:

100g wholemeal flour
200g white flour
2 eggs
500ml semi-skimmed milk
A small knob of butter
150g of blueberries (a small handful per pancake)
Two pouches of 'The Purple One' or any other colour Smoothie Fruit
Quartered oranges and lemons
Runny honey (optional)

What you'll need to do:

- Sieve the flours together in a bowl.
- Crack the eggs and mix in to create a thick roux.
- Squeeze in the pouches of Smoothie Fruit and slowly add the milk until you have a smooth but thick consistency.
- Heat the pancake pan, melt a little butter and add a ladleful of mixture.
- Drop in some blueberries and then flip the pancake (designed to impress the toddlers) and serve.
- Encourage your child to squeeze orange and lemon quarters on top and maybe drizzle over some runny honey and/or another Smoothie Fruit pouch.
- Eat up with a smile.