

Mini pancakes (no oil on the pan)

(for 4 serves, circa 40 pieces)

For the batter

Base ingredients (for the classics)

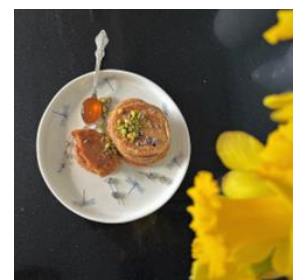
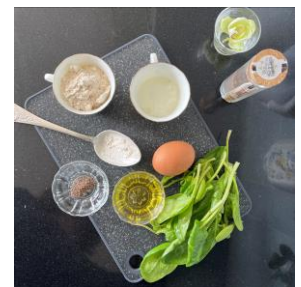
- ♥ 4 eggs
- ♥ 4 generous large t.s. yogurt (with whey)
- ♥ 8 generous large t.s. wholegrain/spelt/all purpose flour
- ♥ ½ teaspoon bread soda
- ♥ ½ teaspoon vanilla salt
- ♥ 4 t.s. simple EVOO (extra virgin olive oil)

Extra ingredients (for the flavoured version)

- ♥ 4 handfuls of young spinach leaves – washed & dried (or other seasonal greens, parsley, coriander. etc.)
- or
- ♥ 4 t.s. apple puree (for the sweet version)

Serving (per bowl)

- ♥ Cream of sirene (feta) with 2 t.s. pungent EVOO & basil/ mint)
- ♥ Cream cheese with vanilla & floral/herbal honey or just honey and crushed nuts (pistachio, walnuts)



Preparation steps

- ♥ Beat the eggs with the salt, add the already aerated yogurt with soda
- ♥ Join the flour gradually mixing it in the batter until getting a uniform texture. Merge the EVOO
- ♥ Blend the chopped spinach. If the batter is too thick, add 1-2 t.s. of water (to wash the yogurt pot/ #nowaste)
- ♥ With a tablespoon shape the pancakes on the warmest pan, cook on low-medium heat while turning around 2-3 times for the pancakes to remain golden

A tip: make half of the batter savory and half sweet and enjoy a sweet & salty breakfast.

I always have homemade vanilla salt at hand, mixing in mortar&pestle 10 teaspoons sea salt (fleur de sel ideally which has some humidity) & ½-1 teaspoon vanilla seeds (from vanilla pod)

These mini pancakes are ideal for cocktail bites served with smoked salmon & sour cream with fresh coriander, cream of piquant cheeses (e.g. Gorgonzola dolce) with thyme & radish slices in winter or fresh figs/ red grapes in summer