

Why not make some Easter bunny healthy pancakes? The BBC Good Food Guide shows us how.

Ingredients

50g self-raising flour

50g wholemeal flour

2 small eggs, separated

150ml skimmed milk

oil, for frying

a few raisins for bunny paws, to serve (optional)

30g banana, sliced into rounds for the tails

extra chopped fruit, to serve



Method

- 1.** Put both the flours into a large bowl and whisk to break up any lumps. Add the egg yolks and a little of the milk, whisking to a thick paste. Add the remaining milk, a splash at a time, to loosen the batter. *(Use whole or semi-skimmed milk if cooking for under fives, dependent on age.)*
- 2.** In a separate bowl and using a clean whisk, whisk the egg whites until they hold stiff peaks. Gently fold the egg whites into the batter with a spatula, trying to keep in as much air as possible.
- 3.** Heat a large non-stick pan over a medium heat and carefully wipe it with some oiled kitchen paper. Using a large spoon, add a generous dollop of batter to the pan in a round, for the bunny body. Add a smaller round for the head, two small ovals for feet, and two long thin strips for ears. Fit all the bunny components into the pan, or cook them in batches.
- 4.** Flip the pancakes after a minute or two, once the edges are set, the base is golden brown and bubbles start to pop on the surface. Cook for another min until golden brown.
- 5.** Put the bunny body in the middle of the plate, position the head, ears and feet just overlapping to look like the back of a bunny. Add a banana slice for the tail, and raisins (if using) for the feet pads.
- 6.** Repeat with the remaining batter. Decorate with extra chopped fruit, if you like.