



Zesty Jaffa Pancakes

Makes

12

Time

45
mins

Level

SIMPLE

Kcal

84
per pancake

You will need

- 2 Jaffa oranges, zest and fruit
- 2 eggs
- 300ml milk, or milk alternative
- 100g plain flour, or buckwheat flour
- Coconut or rapeseed oil for cooking
- Greek Yogurt and maple syrup to serve

Our step by step guide

Step 1

Whisk the eggs and milk together in a large bowl or jug.

Step 2

Use a fine zester to zest both of the oranges, then add all of this into the batter.

Step 3

Add the flour slowly, whisking thoroughly until completely smooth. Leave the batter to stand for about 30 mins.

Step 4

Cut the peel off the oranges. Cut as close as you can to the skin to remove the bitter white pith. Then divide into segments and cut the segments in half to create lots of little orange pieces.

Step 5

Lightly grease a small frying pan it, then heat over a medium/high heat. Add a small ladle of batter and tip the pan so the batter just coats the base of the pan.

Step 6

Cook the pancake for about 30 seconds on each side until it is golden.

Step 7

Serve with orange segments, a dollop of Greek yogurt and a drizzle of maple syrup.

Step 8

Enjoy!

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IN YOUR BELLY

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