



FLUFFY YOGHURT FLAPJACKS

Flapjacks are a weekend breakfast or brunch must-have. These flapjacks are perfect served with fresh blueberries and maple syrup.

Serves: 4

INGREDIENTS

- 150g flour
- 5ml (1 tsp) baking powder
- 2.5ml (½ tsp) salt
- 30ml (2 tbsp) sugar
- 1 egg
- 125ml (½ cup) milk
- 30ml (2 tbsp) canola oil
- 125ml (½ cup) NutriDay Plain Yoghurt
- Blueberries, to serve [optional]
- Maple syrup, to serve [optional]

METHOD

1. In a mixing bowl, mix together the flour, baking powder, salt and sugar.
2. In a mixing jug, whisk together the wet ingredients.
3. Pour the wet ingredients into the dry and mix well.
4. Fry spoonfuls of the batter in a large, non-stick frying pan until golden brown on both sides and cooked through.
5. Serve with blueberries and maple syrup.