

# Rainbows

## Colour burst pancakes

**Bright, bold, and bursting with fun – just like our Rainbows!**

These mini pancakes are made with naturally coloured batter in red, orange, yellow, green, blue, and purple. They're flavoured with a hint of vanilla for extra yumminess. Why not stack them or serve side-by-side with whipped cream and sprinkles?

### Ingredients:

- 1 cup or 125g self-raising flour
- 1 egg
- 1 tsp or 4g baking powder
- 1 cup or 237ml milk
- 2 tsp or 10ml vanilla extract
- 1 tbsp or 12–15g caster sugar
- Natural food colouring (red, orange, yellow, green, blue, purple)
  
- Optional: whipped cream & rainbow sprinkles

### Utensils:

- 1 large mixing bowl
- 6 smaller bowls (for each colour)
- Measuring cups
- Measuring jug
- Kitchen measuring scales
- Measuring spoons
- Manual whisk, electric whisk (if you need extra help whisking) or a fork
- Non-stick frying pan or griddle
- Spatula
- Spoon (for pouring batter)
- Heat-safe plate or tray (for stacking or serving)

### How to make:

- 1** Measure out your ingredients (self-raising flour, baking powder, caster sugar, milk, egg, vanilla extract) using either a measuring cup/spoons, measuring jug or kitchen scales.
  
- 2** To make the base pancake batter, in a bowl mix together all the ingredients in step 1. You can use a manual whisk or fork to do this. If you need extra help whisking, you can always use an electric whisk on a slow speed. It should look like a smooth and glossy batter mixture.

- 3 Divide your main pancake batter into the smaller bowls, 1 for each of the colours you have.
- 4 Add a few drops of your natural food colouring into each batter bowl. You could add more or less, to form your rainbow colours.
- 5 In your frying pan you could add a little oil or butter to prevent the pancake mixture sticking.
- 6 Turn on your hob and set it to a medium heat. Place your frying pan over the heat source. Allow it to warm up for a few seconds.
- 7 Spoon your pancake batter into the centre of the pan. Doing one colour at a time. Around 2 dessert spoons make a pancake the size of a side plate once it spreads out.
- 8 Cook the pancake batter for roughly 40 seconds to 1 minute – each side. Using a spatula to flip your pancake once each side is cooked. Be sure to watch out for burning.
- 9 Once your pancake is cooked, serve it warm with some toppings of your choice.
- 10 Serve stacked or side-by-side with whipped cream and sprinkles.

### Allergen information:

Contains: gluten (flour), egg, dairy (milk, whipped cream)

May contain artificial colours (check labels), soy or nuts (in sprinkles)

**Gluten-free option:** replace flour with gluten-free self-raising flour blend and add ¼ tsp xanthan gum if not included in your blend

**Lactose-free option:** replace milk with lactose-free or plant-based milk. Use lactose-free or coconut whipped cream.

**Vegan option:** replace egg with 1 tbsp ground flaxseed + 2.5 tbsp water (let it sit for 5 mins) or ¼ cup unsweetened applesauce. Use plant-based milk. Use coconut or soy-based whipped cream