

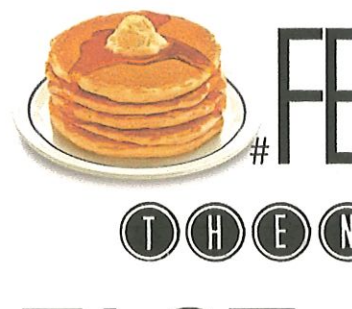
Mrs Donelan's Easy Peasy Pancake Recipe!

Today is Shrove Tuesday, the day before lent when traditionally Christians used up all the fat and sugar in their homes before fasting for the 40 days of lent. Nowadays people still give things up to remember Jesus' 40 days in the desert, but often people choose to give something away or do something kind each day of lent. That could be a kind facebook post every day, doing something to help a neighbour or raising money for those in need.

Are you giving up or giving back for lent? One of our staff is giving up chocolate, whilst another is going to phone a different friend or family member every day with a happy message. Whatever you decide, here is a great recipe for pancakes that is so easy to make and delicious to eat with a sprinkle of sugar and a squeeze of lemon!

Enjoy!

100g plain flour
300ml milk
2 large eggs
Pinch of salt



Mix together well, whisking until there are no lumps
Heat oil in a frying pan until very hot and the pan is lightly covered then pour in enough mixture to just cover the pan. Cook then flip over and cook the other side!

