

Breakfast Bites

INGREDIENTS

115g Gram flour (chickpea flour)
1 tspn Baking powder
1 tspn Ground Cinnamon
35g Sultanas
1 tspn Vanilla paste
¼ pt / 150ml milk of choice
Oil of choice for frying (Olive, Coconut, Rapeseed, Ghee)

METHOD

1. Mix the **first 5** ingredients to form a batter (double cream consistency).
2. **Stir through the sultanas**
3. Heat some oil in a frying pan don't use too much as the **bite's** will absorb the oil whilst cooking and cook in dollops (whatever size you fancy). Fry until golden and then turn over and fry the other side. Put onto kitchen paper to soak up an excess oil once cooked.

These freeze really well, but once defrosted will benefit from being refreshed in a dry frying pan. They can then eaten through the day.

Great for snacks and lunchboxes.