



Real Cherry Pancakes

10'

Hands on

10'

Cook Time

6

Portion(s)

1

Difficulty



Ingredients

- 1 egg
- 200 g yogurt
- 3 tbsps. sunflower oil
- ½ tsp. vanilla extract (1 packet vanilla powder)
- 25 g granulated sugar
- pinch of salt
- 90 g all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- butter or oil for pan
- 150 g cherries, pitted

Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- In a **bow**l, combine the yogurt with the sugar, vanilla, sunflower oil and the egg.
- In another bowl, add the flour, baking powder, baking soda and the salt. Mix well.
- Combine the 2 mixtures, mixing with a spoon.
- Place a **large nonstick pan** or cast iron skillet on the stove, over medium heat.
- Remove the pits from the cherries.
- Add 1 tbsp. of butter or olive oil to the pan. Allow it to get hot.
- Add a heaping tablespoon of the mixture to the hot pan, carefully.
- As the pancake is cooking, add 3 cherries to the uncooked side and gently press them down in the pancake.
- Cook for 3-4 minutes, until the edges look cooked and the side on the pan turns golden. Flip the pancake over with a **spatula**, with one quick movement. Cook the other side for another 4-5 minutes.
- Repeat the same process with the rest of the pancakes.
- Remove from pan and keep warm until they are all ready.
- Serve with sugar, honey and why not try them with some soft cheese. An excellent choice is a delicious Greek cheese called "Manouri". It complements the cherries perfectly!

Tip

Be very careful not to burn the pancakes! If your stovetop is difficult to handle just keep the heat on medium. For a more colorful presentation, add the cherries to the batter before cooking, as they will turn the batter... a light cherry pink!!!

Διατροφικός πίνακας

Nutrition information per portion

195 Calories (kcal)	9.8 Total Fat (g)	3.1 Saturated Fat (g)	21.0 Total Carbs (g)
10%	14%	16%	8%
9.7 Sugars (g)	4.8 Protein (g)	1.0 Fibre (g)	0.84 Sodium (g)
11%	10%	4%	14%