

WHOLEGRAIN CRÊPES WITH STRAWBERRY CHIA JAM

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Pancakes or crêpes? I couldn't choose a favourite if I tried, as I love them both. This recipe is a total winner because of the delicious home-made chia jam it comes with. It has such a lovely, sweet flavour and any leftovers can be used on toast, waffles, crumpets or scones. Win!

MAKES 12 CRÊPES

Crêpe Batter

60g plain wholemeal flour
90g porridge oats
4 eggs
320ml semi-skimmed or non-dairy milk
pinch of salt
2 tbsp melted coconut oil, plus a little extra for frying

Strawberry Chia Jam

200g frozen strawberries
1 tbsp runny honey
2 tbsp water
1 tbsp chia seeds

To Serve

low-fat natural yoghurt

1 Use a free-standing blender or electric hand blender to blend together all the crêpe batter ingredients until smooth. Leave to rest for 10 minutes.

2 Meanwhile, make the jam. Place the frozen strawberries, honey and water into a small saucepan and cover with a lid. Cook over a medium heat for 5 minutes until the strawberries have released some juice and have softened, then remove the lid and simmer for another 5 minutes to reduce slightly.

3 Use a potato masher or fork to mash the strawberries into a chunky paste (or blitz until smooth with a hand blender, if you prefer a smooth texture). Remove from the heat and stir in the chia seeds. Set aside to thicken and cool.

4 When ready to cook the crêpes, lightly grease a medium, non-stick frying pan with a thin layer of coconut oil and set over a medium heat. Pour in a few tablespoons of batter while tilting and swirling the pan to make a thin, even disc of batter. Cook until the underside is golden, then flip the crêpe over and cook on the other side. Remove the crêpe to a plate and set aside.

5 Repeat until you've cooked all of the crêpes.

6 Serve with the jam and some yoghurt on the side.

JOE'S TIP

You can store any leftover jam in a clean jar in the fridge for up to 1 week.

