

Low-GI Crumpets

Servings: 30

Prep Time: 15min

Cook Time: 30min



Ingredients

- 430ml cake flour
- 10ml baking powder
- 80ml castor sugar
- 3ml salt
- 3 eggs
- 500ml buttermilk
- 50g butter, melted
- 5ml vanilla essence
- 125ml milk
- 80ml oats
- 1 apple, grated
- 5ml ground cinnamon
- vegetable oil, for frying

Directions

1. Sift together the flour, baking powder, sugar and salt.
2. Beat together the eggs, buttermilk, butter and vanilla. Pour the wet ingredients into the dry ingredients
3. and beat until smooth.
4. Combine the milk and oats. Set aside for 10 minutes. Add apple, cinnamon and oat mixture to the batter.
5. Heat a splash of oil on medium and spoon heaped tablespoons of batter into the pan. Fry for about 2 minutes or until the top is almost set. Flip over and fry for 1 minute or until golden.
6. Serve with Greek yoghurt, honey and granadilla syrup.