

Less than 30 minutes

Serves 6

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Peanut butter flapjacks

Ingredients:

- 2 eggs
- 3 Tbsp (45ml) honey
- 2 Tbsp (30ml) canola oil, plus extra for frying
- ½ cup (125ml) milk (milk alternative or water works too)
- ½ cup (130g) softened PnP Livewell peanut butter
- 1 tsp (5ml) vanilla essence
- 2 cups (240g) oat bran
- 4 tsp (20ml) baking powder
- 1 tsp (5ml) ground cinnamon
- Pinch salt
- Plain yoghurt, for serving (optional)
- Fresh berries, for serving (optional)

Method:

1. Whisk eggs, honey and oil together.
2. Stir in milk, peanut butter and vanilla essence.
3. Combine dry ingredients and stir into egg mixture. Chill for 15 minutes.
4. Heat 1 Tbsp (15ml) oil in a nonstick pan over medium heat.
5. Fry spoonfuls of mixture, cooking each side until golden brown, 1-2 minutes.
6. Repeat with remaining batter, adding oil to pan as needed.
7. Serve with yoghurt and berries, if using.



3-ingredient vanilla-cake flapjacks

Ingredients:

- 1 box (500g) vanilla cake mix, prepared according to packet instructions
- $\frac{3}{4}$ cup (180ml) milk
- 3 Tbsp (45ml) funfetti or rainbow sprinkles (optional)
- Golden syrup and ice cream for serving (optional)

Method:

1. Add milk and funfetti or sprinkles, if using, to cake batter mixture and whisk until smooth, to create a runny batter.
2. Coat a pan with nonstick cooking spray (or add a drop of oil) and heat over medium heat.
3. Fry dollops of batter for 3 minutes on each side, or until cooked through and golden. Keep warm and repeat with remaining batter.

4. Serve with your favourite toppings, such as syrup and ice cream.

Trend alert/Cook's note: Have you seen the latest flapjack cereal trend? Simply place batter in a piping bag or dollop teaspoons of batter into a hot pan, making mini flapjacks the size of a R1 coin. Serve in a bowl with syrup and butter for an Insta-worthy brunch.