

## ONE CUP BLINIS

### INGREDIENTS:

**Makes around 30**

- 1 cup milk (full fat)
- 1 cup self-raising flour
- 1 large egg
- Pinch salt
- Vegetable oil for cooking

### NOTES:

These freeze really well. Put them in your freezer laid on a tray lined with greaseproof and spaced apart. Once frozen you can pop them into a small bag or plastic container and they will be fine for a month or so.

Preparation time:

15 min

Cook time:

15-20 min

Total time:

30-40 min



### DIRECTIONS:

1. Place all the ingredients into a bowl and whisk well together until smooth.
2. Leave to stand for 10 minutes.
3. Heat some neutrally flavoured oil into a frying pan to a medium/high heat.
4. Take teaspoons of the mix and drop onto the pan leaving a good amount of space between them as they do spread slightly.
5. Cook for a minute or so until bubbles start to appear on the top and the underneath side is a golden brown (if they are getting too dark, turn the heat down a little)
6. Flip and cook the other side.
7. Repeat until all the mixture is used.
8. Serve with your chosen topping.