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WITHIN

*Fresh lunchbox ideas*

**UNICORN  
PANCAKES  
RECIPE**



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BULK FOODS

# UNICORN PANCAKES

## NATURAL COLOURS

200g organic plain flour  
1 tsp baking powder  
¼ tsp bicarb soda  
¼ tsp pink lake salt  
280g natural yoghurt  
2 large free range eggs  
2 tbs organic rice malt syrup  
40g unsalted butter or dairy free spread, melted  
75ml milk of choice  
2 tsp organic pink pitaya powder  
½ tsp blue spirulina powder  
Extra butter, for cooking

## METHOD

In a large bowl, combine flour, baking powder, bicarb soda & salt.

In a medium bowl, whisk together the yoghurt, eggs and syrup. Add this wet mixture to the flour mixture and stir to combine. Stir in melted butter, adding extra milk as required to reach the desired consistency for pancake batter. Pour half this mixture back into the medium bowl ready to be coloured.

To colour the batters, mix the pink pitaya powder with a little milk and add to one batch. Repeat for the blue spirulina and add to the other batch. For purple pancakes, in a third bowl, combine a portion from each coloured batter until purple is achieved.

Heat a large frying pan over medium-high heat. Brush extra butter onto the hot pan.

Spoon each coloured batter into even pancakes and cook until bubbles form on the surface, about 2 minutes. Using a spatula, flip the pancakes over and continue to heat until cooked through.

Serve with your favourite toppings such as fresh fruit, frozen yoghurt, ice cream or maple syrup. For the lunchbox, serve with jam. Refrigerate for two days or freeze for up to two months.

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