

Crumpets

This recipe is easy to make and is gluten-free, low FODMAP and low lactose.

These are nice to enjoy toasted with a little free from spread (and jam if you wish)



Ingredients

- 300g gluten free self-raising flour
- 1 tsp of dried yeast
- 2 eggs
- 3/4 pint of lactose free milk
- salt and pepper

Method

Remove the eggs from the fridge and leave to warm to room temperature.

Heat the milk until luke warm (body temperature.)

Weigh out the flour and add the eggs, milk, yeast salt and pepper. Mix well and leave somewhere warm for the yeast to begin to rise.

Heat a frying pan sprayed with spray oil .Using a cooking ring sprayed with oil place this in the pan and fill the ring with 1 cm depth of batter; you should see small bubbles forming on the surface of the crumpet.

Lift up the cooking ring turn the crumpet over and cook through.

If you are avoiding yeast then try a little more baking powder in the batter instead.

Lovely toasted with a little free from spread and Jam if you wish.