



Pancakes for breakfast is a great camping tradition – but for traditional pancakes, not everyone has the ability to keep the fresh ingredients cold. Eggs and milk take up valuable room in the fridge or ice box, and some people are intolerant to eggs and milk. Not only is this recipe egg- and dairy-free, but I guarantee it is the *easiest* pancake recipe you will find.

Oh, and trust me – it's delicious!

### Ingredients:

- 2 x cups of self-raising flour (Or rice flour for a gluten-free alternative)
- 1 x bottle of lemonade
- Oil or butter
- Your favourite pancake toppings (I like strawberry jam!)



*Pancakes are the perfect breakfast for camping.*

### Cooking Gear / Appliances

- Campfire hot plate, BBQ, or frying pan
- Stove or fire
- Spatula



- Mixing bowl
- Fork

### Method

1. Add approximately two cups of flour into a mixing bowl.
2. Mix in the lemonade. Stir vigorously with a fork to remove the lumps. Add enough lemonade to create a smooth, slightly runny pancake batter.
3. Heat your frying pan or BBQ (not too hot – less than what you'd require for cooking a steak).
4. Add a small amount of oil, butter, or margarine; this will give your pancake a golden, crispy finish and prevent it from sticking.
5. Pour the batter in the middle of your hot plate to the size you desire.
6. Watch the pancake until bubbles begin to surface. When they start to pop, it's time to flip!
7. Once flipped, the pancake only needs about half the time of that spent on the first side to finish cooking.
8. Remove from the hot plate, add your favourite toppings, and dig in!

**Tip:** Remember to add more oil or butter between each pancake.

It really is that simple! You may have noticed that this recipe uses the same ingredients as the [camp oven damper recipe...](#) which means all you need to produce perfect pancake and a delicious damper on your next trip is a bag of flour and a bottle of lemonade!

Camping should be simple, but that doesn't mean you have to go without some of life's little pleasures – and let's face it, everything tastes better in the bush!

**Tell us your camping pancake recipe in the comments section below.**