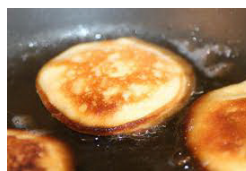
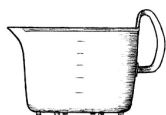


Släppor



8 stycken

Tag fram:



Degbunke



Träslev



DL-mått



Msk-mått



Krm-mått



Visp



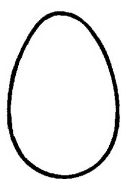
Kolbotten
panna



Stekspade



Tratt



1 Ägg



Flytande
Honung



Glutenfritt mjöl



Kokosgrädde



Bakpulver



Olja



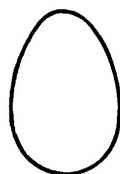
Kanel



PETflaska

Häll i bunken och vispa

1 ägg



2 msk honung



Häll i bunken.

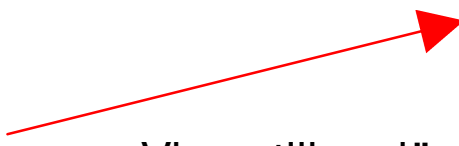
1 dl kokosgrädde



1 & ½ dl
glutenfritt mjöl

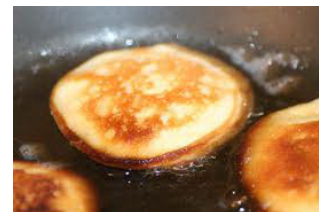


2 krm
bakpulver

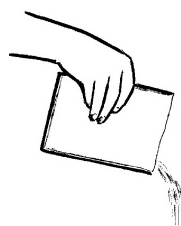


Vispa till en jämn smet

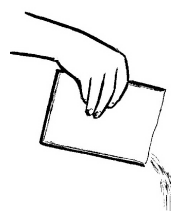
Släppor sid 2



Häll smeten i en petflaska



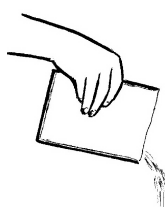
Häll i lite olja i pannan



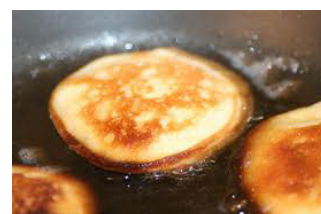
Värm kolbottenpannan
över elden



Häll lite smet i
kolbottenpannan



Grädda ljusbrunt på båda sidor



Strö över kanel
Ringla över lite honung

