

Crumpets

Yield: 12 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/crumpet-recipe-southern-at-heart>

Ingredients:

- 2 1/16 cups strong white flour
- 9/16 tablespoon instant yeast
- 1/2 teaspoon fine salt
- 1 teaspoon caster sugar
- 1/2 teaspoon bicarbonate of soda
- 6 3/4 tablespoons water
- 1 1/8 cups milk
- 4 crumpet rings
- sunflower oil to grease the rings and griddle

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 270 milligrams
9. Sugar: 3 grams

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