



# Greek Tiganites

## INGREDIENTS:

- 200g white self-raising flour
- 3 eggs
- 300g Greek strained yoghurt
- 2 level tbsp. sugar
- 75g melted butter
- 300ml sunflower oil
- Pinch of salt
- 2 tbsp honey
- ½ tsp cinnamon



## METHOD:

1. Beat the eggs and sugar with a whisk
2. Add the butter, yoghurt and salt and stir well
3. Add the flour gradually and continue stirring- avoid lumps to make a smooth thick but quite runny mixture
4. If the mixture is too thick, you can add a little water
5. Heat the oil in the frying pan
6. Using a ladle, preferably with a small spout, add the mixture in round shapes to the frying pan (as many as your pan will comfortably take)
7. Lower the heat, you don't want it too strong, and fry the Tiganites for approx. 1-2 minutes on the each side
8. Remove and place on the kitchen paper to drain and continue until you have used all the mixture
9. Place all the Tiganites on a large plate and evenly spread the honey over them and sprinkle the cinnamon over them