

Fluffy Low FODMAP Pikelets with Strawberry Cream

Light, pillow-y pikelets that melt in your mouth - perfect for breakfast or afternoon tea with jam and cream. IBS-friendly and utterly delicious!

Prep: 10 min

Cook: 20 min

Total: 30 min

Servings: 16

Low FODMAP ✓

Ingredients

Use a blend containing xanthan gum for best texture 240g gluten-free plain flour blend

Ensure it's fresh for maximum rise 2 teaspoons baking powder

Can reduce to 1 tablespoon for less sweet pikelets 2 tablespoons caster sugar

Enhances flavor and balances sweetness 1/4 teaspoon salt

At room temperature for better incorporation 2 large eggs

Can substitute with almond milk (250ml max) or rice milk 250ml lactose-free milk

Plus extra for greasing the pan 40g lactose-free butter, melted

Ensure it's pure vanilla extract without high FODMAP additives 1 teaspoon pure vanilla extract

For the strawberry cream topping 200ml lactose-free thickened cream

Low FODMAP up to 65g per serving; this amount serves multiple portions 100g fresh strawberries, hulled and sliced

For sweetening the cream, optional 1 tablespoon icing sugar

Instructions

Step 1: Prepare the Dry Ingredients

(3 min)

In a large mixing bowl, whisk together the gluten-free flour, baking powder, sugar, and salt until well combined. This ensures even distribution of the leavening agent, which is key to achieving uniformly fluffy pikelets. Make a well in the center of the dry ingredients and set aside.

Step 2: Mix the Wet Ingredients

(2 min)

In a separate bowl or large measuring jug, whisk together the eggs, lactose-free milk, melted butter, and vanilla extract until smooth and well combined. The mixture should be homogeneous with no streaks of egg white visible. Let the melted butter cool slightly before adding to prevent cooking the eggs.

Step 3: Combine and Rest the Batter

(7 min)

Pour the wet ingredients into the well of the dry ingredients. Using a whisk or wooden spoon, gently fold the mixture together until just combined. The batter should be slightly lumpy - overmixing will result in tough pikelets. A few small lumps are perfectly fine and will disappear during cooking. Let the batter rest for 5 minutes to allow the flour to hydrate and the baking powder to activate.

Step 4: Heat Your Cooking Surface

(3 min)

Place a large non-stick frying pan or griddle over medium heat. Lightly grease with butter or oil. To test if the pan is ready, sprinkle a few drops of water on the surface - they should sizzle and evaporate immediately. If the pan is too hot, the pikelets will brown too quickly on the outside while remaining raw inside.

Step 5: Cook the Pikelets

(3 min)

Drop tablespoons of batter onto the hot pan, spacing them about 5cm apart to allow for spreading. Each pikelet should be roughly 7-8cm in diameter. Cook for 2-3 minutes until bubbles form on the surface and the edges look set. When the bubbles begin to pop and leave small holes, it's time to flip.

Step 6: Flip and Finish Cooking

(2 min)

Using a spatula, carefully flip each pikelet and cook for another 1-2 minutes until golden brown on the second side. The pikelets should spring back when gently pressed. Transfer to a plate and cover with a clean tea towel to keep warm while you cook the remaining batter. Lightly grease the pan between batches as needed.

Step 7: Prepare Strawberry Cream and Serve

(5 min)

While the pikelets are cooking or just before serving, whip the lactose-free cream with the icing sugar (if using) until soft peaks form. Gently fold through half of the sliced strawberries. Serve the pikelets warm, stacked on plates, topped with the strawberry cream and remaining fresh strawberry slices. These are best enjoyed fresh but can be stored in an airtight container in the refrigerator for up to 3 days or frozen for up to 2 months. Reheat in a toaster or microwave before serving.