

Fluffy Low FODMAP Pikelets with Strawberry Cream

Light, golden pikelets that melt in your mouth - perfect for IBS-friendly breakfast or afternoon tea with jam and cream!

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 16

Low FODMAP ✓

Ingredients

Use a certified Low FODMAP blend without inulin, chicory root, or soy flour - brands like Bob's Red Mill 1-to-1 or King Arthur Measure for Measure work well 250g gluten-free self-raising flour

Adds subtle sweetness 2 tablespoons caster sugar

Enhances flavor 1/4 teaspoon salt

Room temp eggs incorporate better 2 large eggs, at room temperature

Any lactose-free variety works 250ml lactose-free milk

Plus extra for cooking 40g lactose-free butter, melted and cooled

Pure vanilla extract only, not imitation 1 teaspoon vanilla extract

Choose jam sweetened with sugar or glucose, not honey or high fructose corn syrup - limit to 2 teaspoons per person Low FODMAP strawberry jam, 1-2 teaspoons per serving

About 2 tablespoons per serving Lactose-free whipped cream or coconut cream, for serving

Instructions

Step 1: Prepare the Batter

(5 min)

In a large mixing bowl, whisk together the gluten-free self-raising flour, caster sugar, and salt until well combined. Create a well in the center of the dry ingredients. In a separate bowl, whisk the eggs until lightly beaten, then add the lactose-free milk, melted butter, and vanilla extract, whisking until smooth.

Step 2: Combine and Rest

(10 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 smooth but slightly thick, similar to heavy cream. Don't overmix, as a few small lumps are fine. Let the batter rest for 5-10 minutes to allow the gluten-free flour to fully hydrate, which creates a better texture.

Step 3: Heat Your Pan

(3 min)

Place a large non-stick frying pan or griddle over medium heat. Add a small knob of lactose-free butter and let it melt, swirling to coat the pan evenly. The pan is ready when a drop of water sizzles gently on the surface - if it's too hot, the pikelets will brown too quickly on the outside while staying raw inside.

Step 4: Cook the Pikelets

(4 min)

Drop heaping tablespoons of batter onto the hot pan, spacing them about 5cm apart to allow for spreading. 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. Use a spatula to turn each pikelet and cook for another 1-2 minutes until golden brown and cooked through.

Step 5: Keep Warm and Continue

(15 min)

Transfer cooked pikelets to a plate and cover loosely with a clean tea towel to keep warm while you cook the remaining batter. Add a little more butter to the pan between batches as needed. You should get approximately 16 pikelets from this batter, depending on size.

Step 6: Serve and Enjoy

(2 min)

Serve the pikelets warm, stacked on plates with a generous dollop of low FODMAP strawberry jam (1-2 teaspoons per person) and lactose-free whipped cream (about 2 tablespoons per serving). They're 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 gently in a toaster or microwave before serving.