COOKING DEMONSTRATION NOTES

Pikelets

Preparation time: 5 minutes **Freezing:** suitable **Makes:** 16

Shopping list
- self raising wholemeal flour
- self raising flour
- milk
- sugar
- egg
- margarine
- plain or vanilla yoghurt
- banana

Equipment
- measuring cups and spoons
- sifter
- mixing bowl
- fry pan
- wooden spoon
- spatula

Ingredients
½ cup wholemeal self raising flour
½ cup self raising flour
¾ cup milk
1 egg
1 tablespoon sugar
margarine

Steps
1. Sift flour into a bowl.
2. Stir in egg, sugar and milk.
3. Heat fry pan and lightly grease with margarine.
4. Drop spoonfuls of mixture into fry pan.
5. When bubbles appear, turn over and lightly brown the other side.
6. Serve with a dollop of natural yoghurt and slices of banana.

How to modify recipe
- For sweet pikelets add some pureed, grated or mashed fruit, such as apple, pear or banana to the mixture prior to cooking.
- For savoury pikelets add some grated zucchini and carrot, or cheese and ham to the mixture prior to cooking.

Healthy eating messages
- Making your own pikelets, muffins and pancakes can be a great way of including more fruit, vegetable and wholegrains into your child's diet.
- Making your own pikelets, muffins and pancakes can be a healthier and cheaper alternative to buying packaged snack foods.
- Use up to half wholemeal flour in pikelet, muffin and pancake recipes to increase fibre content.

SPHN (CPH)160199

MAKE HEALTHY NORMAL

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts *Healthy Eating and Active Play at Playgroup manual* and case studies, and the NSW Ministry of Health *Munch and Move* program and Local Health District resources.

NSW GOVERNMENT Health