

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.

