

# RECIPE

## Pikelets

### Ingredients

½ cup wholemeal self raising flour  
 ½ cup self raising flour  
 ¾ cup milk  
 1 egg  
 1 tablespoon sugar  
 yoghurt  
 banana

### 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.

## Hints & ideas

- For sweet pikelets add some pureed, grated or mashed fruit into the mixture prior to cooking such as:
  - apple
  - pear
  - banana
- For savoury pikelets add some grated vegetables into the mixture prior to cooking such as:
  - zucchini and carrot
  - spinach, ham and cheese
  - tomato and corn.

SPHN (CPH)160200



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.

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