

PANCAKES

FEEDS: 4-6. SEASON: ALL.

Try serving this family favourite with seasonal fruit, cinnamon, a small dollop of reduced fat Greek yoghurt or toasted nuts and seeds.

EQUIPMENT

- ☐ metric measuring cup and spoon
- ☐ large bowl
- ☐ medium-sized bowl
- ☐ whisk
- ☐ mixing spoon
- ☐ large frying pan
- ☐ ladle
- ☐ egg flip

INGREDIENTS

- ☐ 1 cup self-raising flour
- ☐ 1 cup fat-reduced milk
- ☐ 1 egg
- ☐ 2 tbsp olive oil, to shallow fry
- ☐ 2 cups fresh, seasonal fruit

WHAT TO DO

1. Place the self-raising flour in the large bowl.
2. Crack the egg into the medium-sized bowl and add the milk. Whisk to combine.
3. Pour the egg and milk mixture into the dry ingredients. Whisk well until you have a runny batter.
4. Set aside in the fridge for 10–15 minutes (optional). This will result in a smoother batter.
5. Heat olive oil in the frying pan over a medium heat.
6. Remove the batter from the fridge and give it a stir.
7. Scoop a ladleful of the batter into the middle of the frying pan.
8. Cook the pancake for 1–2 minutes until bubbles appear on the top, then flip over and cook for a further 1–2 minutes, until golden.
9. Serve with a dollop of reduced-fat Greek yoghurt, seasonal fruit or toasted nuts and seeds.

