

Pikelets

With tiny people in mind of a fresh fruity twist on a traditional lent pancake. Serve with mini chunks of fresh fruit and a dollop of yoghurt for a tasty afternoon snack.



Serves 10 children



20 minutes

INGREDIENTS

Flour, self-raising 50g (1/3 C)

Flour, wholemeal, self-raising 50g
(1/3 C)

Sugar, castor 10g (1/2 T)

Milk, Hilo 125ml (1/2 C)

Egg, whole 60g (1 egg)

Banana, mashed 100g (1 banana)

Oil, canola, spray 5g (1-2 sprays)

Serve with Fruit, seasonal, chopped
50g (per child)

DIRECTIONS

1. Place flour and sugar into a bowl. Stir with a wooden spoon to combine and set aside.
2. Whisk the milk, and egg together in a jug. Add mashed banana.
3. Add egg mixture to flour mixture and whisk until smooth. Add water to thin if required.
4. Heat a large non-stick fry pan over a medium heat. Spray with oil and spoon mixture into the pan.
5. Cook until bubbles form, then turn over and cook for a further minute.
6. Transfer to a plate and serve either hot or cold, on its own or with chopped fruit.

Allergy Information

Contains: gluten, wheat, cow’s milk protein and egg.

Childcare RDI Calculator:

Fat	<div></div>	10 %
Vegetables	<div></div>	0 %
Meat/Alt*	<div></div>	10 %
Cereals	<div></div>	30 %
Dairy	<div></div>	10 %
Fruit	<div></div>	10 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services