



Basic pikelets



Makes 20

Ingredients

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 2 eggs
- 2 cups reduced fat milk
- Spray oil



Method

1. Mix the different flours together in a bowl.
2. Add eggs and half the milk. Begin mixing with hand-beater or whisk.
3. Gradually add the rest of the milk until mixed through.
4. Heat fry pan and spray with a little oil.
5. Drop tablespoons of mixture onto fry pan. When bubbles appear on the surface of the mixture, flip and cook on other side until brown.

Optional

Add 1 cup of canned pie apple after adding the milk to create a lightly sweetened pikelet or serve with reduced fat yoghurt and fruit salad.