

Herb Pikelets

Traffic Light Category – **GREEN**

Makes 12-14

Ingredients

- 1 cup self raising flour
- 2 eggs
- ½ cup milk
- 2 tbs finely chopped parsley
- 2 tbs finely chopped sage



Method

1. Sift flour into a bowl and add herbs
2. Combine eggs and milk, add to flour and mix to a smooth batter
3. Heat pan and grease lightly
4. Drop dessertspoons of mixture onto the pan and cook until bubbles rise to the surface
5. Turn with spatula and cook on the other side.

Tip

- For smaller, bite sized pikelets, drop mixture onto the pan using a teaspoon
- Top with reduced fat cream cheese and smoked salmon or for more ideas, download 'Fillings, Toppings and Recipes for Sandwiches'.

