

Pikelets - sweet & savoury

Traffic light category: **Green**

Serves: 25

Everyone has a pikelet recipe that is tried and tested. This is the simplest recipe there is and can be adapted to be both sweet and savoury just by eliminating the sugar.

Ingredients

- » 2 cups self-raising flour
- » 2 tablespoons sugar
- » 2 eggs, lightly beaten
- » 1¼ cups reduced fat milk
- » 1 tablespoon polyunsaturated margarine melted or polyunsaturated oil

Sweet variations

- » Grated apple plus 1 teaspoon of cinnamon
- » Mashed banana
- » Frozen berries
- » Grated pear
- » Sultanas

Method

1. Place flour into bowl, add sugar
2. Add the milk, margarine or oil and eggs
3. Mix with a large spoon until smooth
4. Heat a sandwich press or non-stick pan
5. Drop tablespoons of batter onto surface; turn when bubbles form.

Savoury variations

- » ½ cup grated reduced fat cheese
- » Small tin of corn kernels drained
- » Spring onion chopped
- » Diced capsicum or mushrooms
- » Grated zucchini or carrot

Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	30g	100g
Energy	252kJ	834kJ
Protein	2g	7g
Total fat	1g	3.5g
Saturated fat	0.3g	1g
Carbohydrate	10g	34g
Sugars	2g	7g
Dietary fibre	0.4g	1g
Sodium	90mg	298mg



Recipe source: Canteen Cuisine