

Quick Pancakes

Canteen Cuisine Cookbook Favourite

Traffic light Category: **Green**

Number of serves: 18-20

Ingredients

- 2 cups self-raising flour
- 2 tablespoons sugar
- 2 eggs, lightly beaten
- 1½ cups reduced fat milk
- 1 tablespoon polyunsaturated margarine, melted or canola oil
- Canola spray



Method

1. Sift flour into a bowl, add sugar
2. Combine eggs and milk in a jug, add to flour and mix to a smooth batter
3. Heat frypan and spray lightly with oil spray or heat a flat sandwich press
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
6. Serve topped with a thin spread of margarine, or sliced fruit such as strawberries.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	213.5 kJ	773.8 kJ
Protein	2.4 g	8.6 g
Total fat	1.0 g	3.8 g
Saturated fat	0.4 g	1.3 g
Carbohydrate	7.6 g	27.6 g
Sugars	0.5 g	2.0 g
Dietary fibre	0.7 g	2.6 g
Sodium	81.9 mg	296.7 mg

Variations

Add any of these at the end of step 2 being careful not to over mix

Sweet

- 1 banana, mashed and ½ teaspoon of cinnamon
- 1 apple, grated with skin on and ½ teaspoon of cinnamon
- ¾ cup fresh or frozen blueberries
- ¾ cup sultanas

Savoury - omit the sugar

- ½ cup sweet corn and ½ cup spring onions, sliced
- ½ cup reduced fat cheese, grated and ¼ cup chopped chives



Supporting healthy choices

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