

Lemon Myrtle Pancakes

Recipe courtesy of Pip Slaughter

Traffic light Category: **Green**

Number of serves: 28-30

Ingredients

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

Method

1. Sift flour into a bowl, add sugar, gently mix
2. Combine eggs, milk and margarine in a jug, add to flour and mix to a smooth batter
3. Add lemon myrtle, gently stir
4. Heat frypan and spray lightly with oil spray or heat a flat sandwich press
5. Drop dessertspoons of mixture onto the pan and cook until bubbles rise to the surface
6. Turn with spatula and cook on the other side
7. Serve plain, topped with a thin spread of margarine, or sliced fruit such as strawberries.

Dried lemon myrtle can be found at good food stores or online and can be used wherever you would usually use lemons.



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