

Christmas gingerbread pikelets

Traffic light category: **Green**

Serves: 12

Ingredients

- 1 cup self raising flour, sifted
- ¼ cup firmly packed brown sugar
- 2 teaspoon ground ginger
- 1 teaspoon mixed spice
- 1 cup reduced fat milk
- 1 egg

Method

1. Combine flour, sugar and spices in a bowl
2. Whisk milk and egg together and stir into flour mixture. Set aside for 10 minutes
3. Heat a flat sandwich press; or spray a non-stick frying pan with oil and place on medium heat
4. Drop tablespoons of the mixture into the pan, cook until bubbles start to appear on the surface, turn and cook for another minute
5. Serve with reduced fat vanilla yogurt and/or sliced banana and strawberries;

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	294kJ	723.4kJ
Protein	2.56g	6.3g
Total fat	0.77g	1.8g
Saturated fat	0.31g	0.77g
Carbohydrate	12.9g	31.9g
Sugars	4.4g	10.8g
Dietary fibre	0.54g	1.33g
Sodium	95.3mg	234.6mg

Adapted from Woolworths.com.au



Supporting healthy choices

☎ 9264 4999

✉ wasca@education.wa.edu.au  /wascainc

💻 waschoolcanteens.org.au  /wascainc