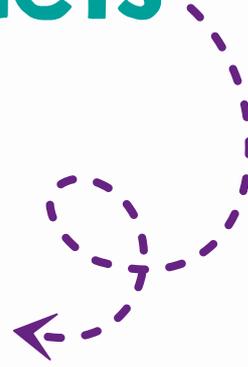


Pikelets



Classification:

Everyday

Serves:

25

Prep. Time:

5 min

Cooking Time:

15-20 min

Ingredients:

- 2 cups of self-raising flour
- ½ cup sugar
- 2 eggs, beaten
- 2 cups milk

Equipment:

- Large bowl
- Spoon or whisk
- Electric fry pan (or non-stick pan)
- Spatula

Method:

1. Combine flour, sugar, egg and milk in a large bowl.
2. Heat a large non-stick pan to moderate heat. An electric fry pan is best.
3. Place a tablespoon of mixture in the pan.
4. When bubbles appear over the surface, flip and cook on the other side.
5. Serve warm or cold.

Tips and Variations:

- Serve with fresh or frozen fruit such as berries, banana or kiwi fruit and plain yoghurt.
- Choose reduced-fat varieties of milk and yoghurt.