

Sweet mini - pancakes





Ingredients

100g self raising white flour

25g self raising wholemeal flour

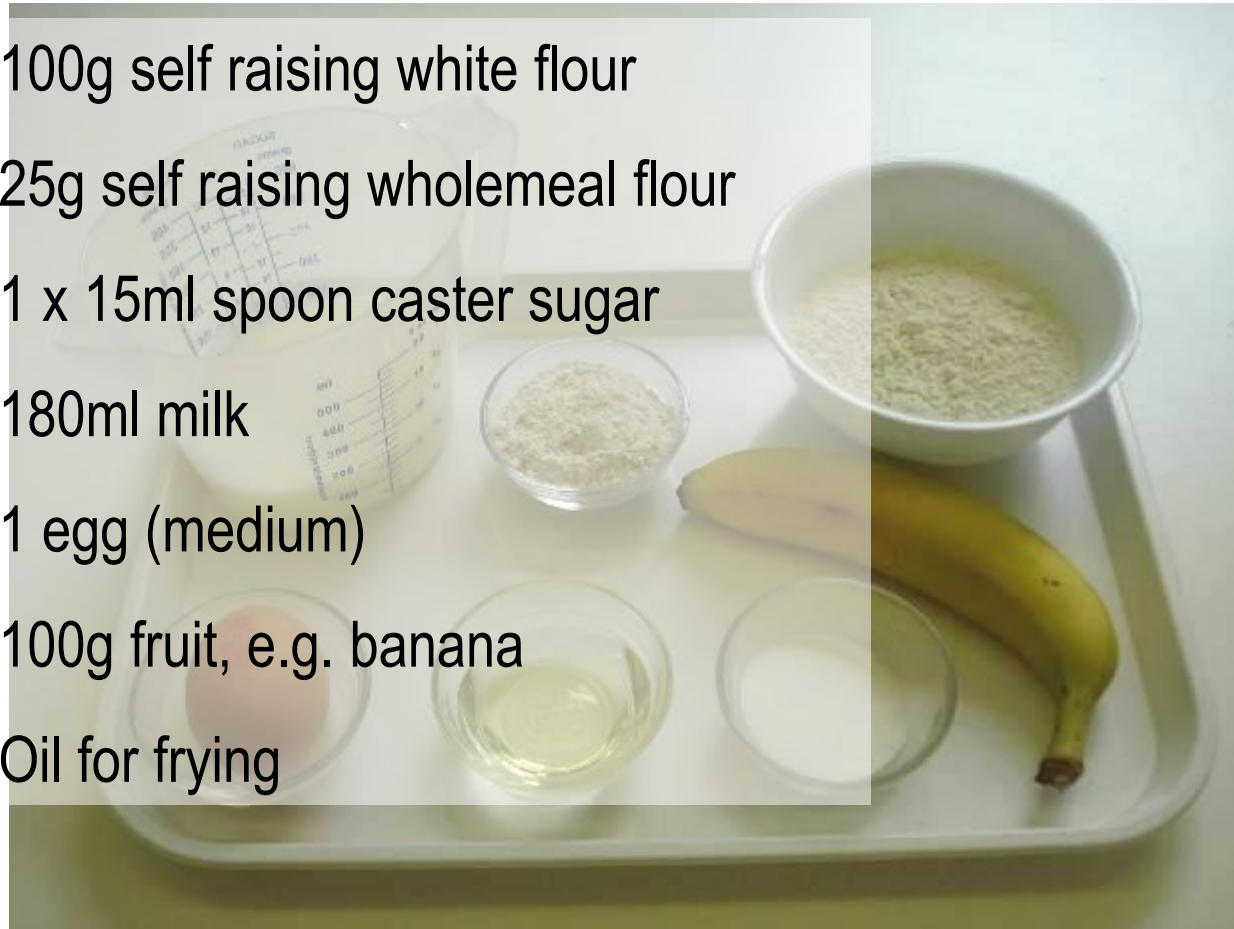
1 x 15ml spoon caster sugar

180ml milk

1 egg (medium)

100g fruit, e.g. banana

Oil for frying





Equipment

Chopping board

Knife

Weighing scales

Sieve

Mixing bowl

Whisk

Measuring jug

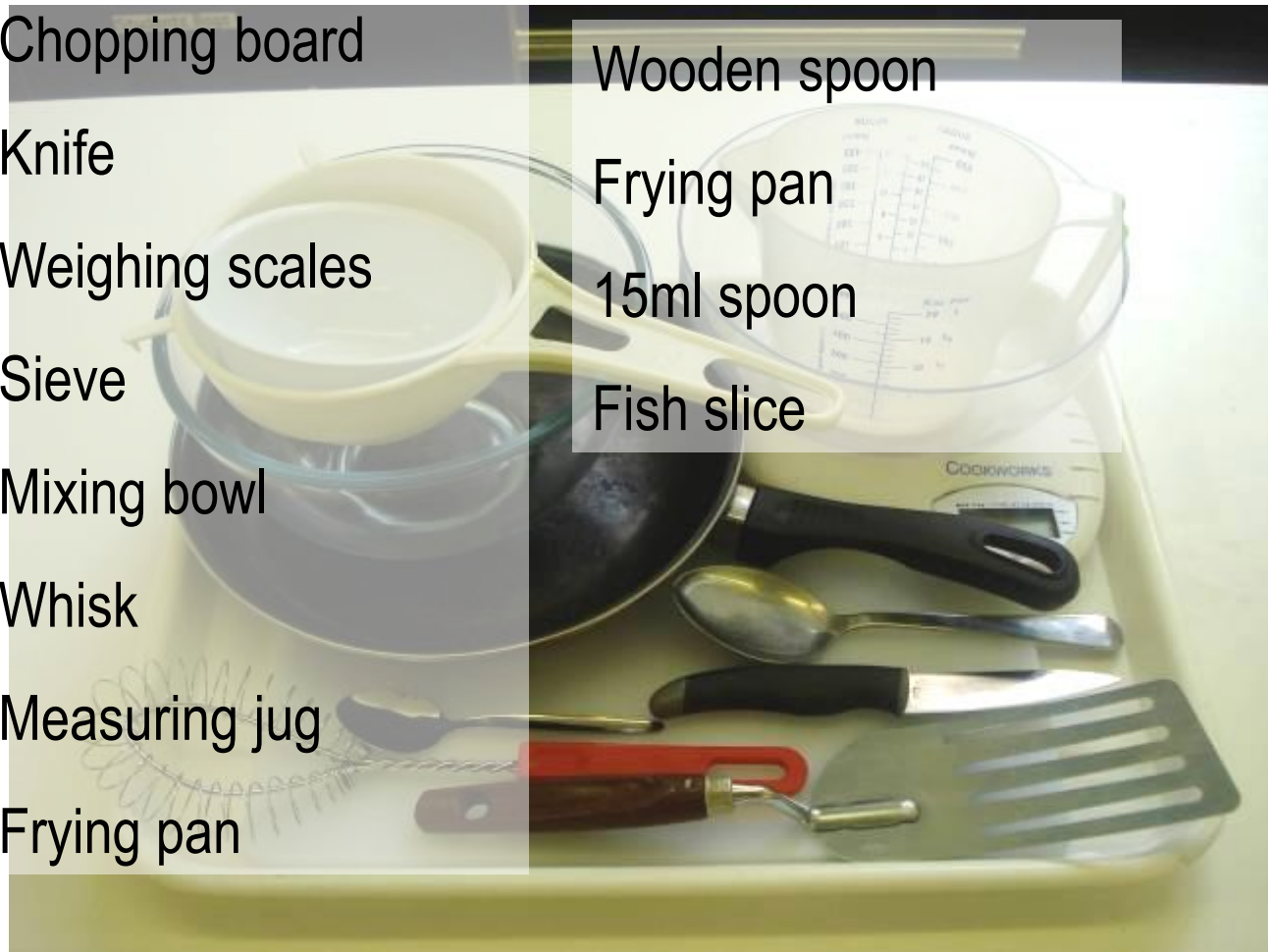
Frying pan

Wooden spoon

Frying pan

15ml spoon

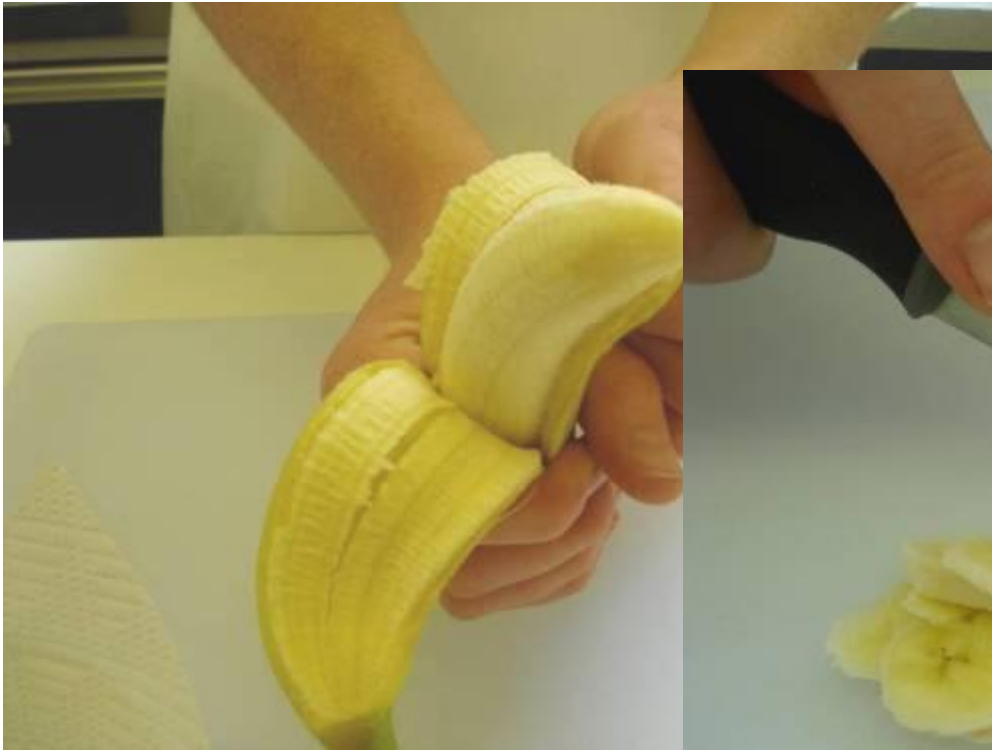
Fish slice





Method

1. Chop the fruit into small chunks or keep whole (depending on the size of fruit).



2. Sift the flours into a mixing bowl and add sugar.



3. Whisk the egg and milk into the flour.



4. Stir in the fruit.



5. Pour into the measuring jug.



6. Heat the frying pan and add a few drops of oil.



7. Pour in 2 x 15ml spoons of mixture for each pancake.



8. Cook until bubbles appear on the surface and then turn over using the fish slice.



9. Serve.



Top tips

Use canned fruit pieces, so that you don't have to chop anything.

Transfer the pancake batter to a jug or use a ladle to reduce the spills as the mixture is placed in the frying pan.

Serve with low fat Greek yogurt, and a drizzle of honey.



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