

Makes 20

Ingredients

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 2 eggs
- 2 cups reduced fat milk
- Spray oil



Method

1. Mix the different flours together in a bowl.
2. Add eggs and half the milk. Begin mixing with hand-beater or whisk.
3. Gradually add the rest of the milk until mixed through.
4. Heat fry pan and spray with a little oil.
5. Drop tablespoons of mixture onto fry pan. When bubbles appear on the surface of the mixture, flip and cook on other side until brown.

Optional: add one 1 cup of canned pie apple after adding the milk to create a lightly sweetened pikelet or serve with reduced fat yoghurt and fruit salad

NUTRITION INFORMATION		
Servings per recipe: 20		
Average serving size: 47g		
	Per serve	Per 100g
Kilojoules (kJ)	325	700
Protein (g)	3.3	7.1
Total fat (g)	1.6	3.5
- Saturated fat (g)	0.5	1.0
Carbohydrates (g)	11.8	25.3
- Sugars (g)	1.6	3.4
Fibre (g)	1.1	2.4
Sodium (mg)	118	255

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.