

# Pancakes

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## RECIPE

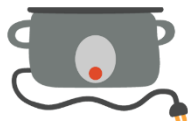
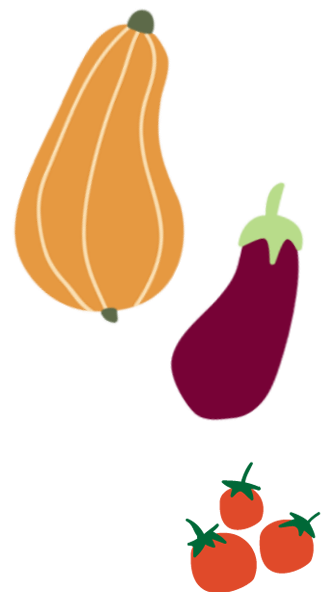
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Pancakes are super nutritious and a great way to get children to eat eggs and milk. If you have never made them before you will be surprised how easy (and cheap!) they are to make. Don't just save them for pancake day!

## INGREDIENTS

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- 🍅 2 cups self-raising flour
- 🍅 1 egg
- 🍅 1 cup milk
- 🍅 4 tbsp butter melted



## DIRECTIONS



### Step 1

Place the flour in a mixing bowl. Make a dent in the centre. Add the egg and half the milk and melted butter.

### Step 2

Beat well to make a thick, smooth batter – though a few lumps don't matter, they will disappear when you cook the pancakes. Add some more milk till the batter looks like thick cream.

### Step 3

Heat a large frying pan and add a tiny bit of oil or butter. Drop the mixture from the dessert spoon on to the hot pan. Space the pancakes out to make it easier to turn them over. Watch for bubbles to appear on the surface, and for the pancake to look a little bit drier. When this happens, carefully turn them over with your spatula. Cook on this side for 30 seconds to one minute until golden brown then transfer to a plate.

### Tips

Toppings –

- Bananas (add peanut butter if you like this combination)
- Blueberries, strawberries, and whipped cream
- Honey or maple syrup
- Cinnamon and sugar



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