

# Pikelets

## Ingredients

|         |                     |
|---------|---------------------|
| 2 cups  | Flour               |
| 2 t     | Baking powder       |
| ½ t     | Salt                |
| 1       | Eggs                |
| ½ c     | Sugar               |
| 1½ cups | Milk, approximately |

## Method

Sift the flour, baking powder and salt into a bowl.



In another bowl beat the eggs and sugar with a whisk until pale and thick.

Add the egg mixture and the milk to the dry ingredients and mix until just combined.

Gently heat a non-stick frying pan and drop large spoonful of the mixture from the point of the spoon onto the surface.

When bubbles start to burst on the top of the pikelets, turn them over and cook the second side until golden. Place in a clean tea towel to keep warm until they are all ready to serve.

Serve with fresh fruit and yogurt or whipped cream and jam.

## Variation

Substitute ½ wholemeal flour or ½ rolled oats instead of flour and add ½ teaspoon cinnamon and 1 mashed banana to mixture.

Serve with maple syrup/ runny honey, sliced bananas or other seasonal fruit and coconut

## Oat pancakes

Use ½ c flour, 1 t baking powder, 2 T sugar. ¼ t salt. ¾ c rolled oats. 1 egg (beaten lightly with fork), 2 T melted margarine and ¾ c milk. Place dry ingredients in a bowl, add liquid ingredients and mix to gently to combine. Place ¼ c of mixture in a moderately hot non-stick pan. Cook until bubbles form, then turn and cook for a further 1-2 minutes.