



## PIKELETS - Green recipe

<b>MAKES 25</b>	<b>10</b>	<b>25</b>	<b>50</b>
2 Cups self-raising flour	$\frac{3}{4}$ Cup 120g	2 Cups 300g	4 Cups 600g
2 Tablespoons of sugar	$\frac{3}{4}$ Tbsp	2Tbsp	4Tbsp
2 Eggs	1	2	4
1 $\frac{1}{4}$ cups reduced fat milk	125ml	310ml	620ml
1 Tablespoon Canola Oil	1Tbsp	3Tbsp	6Tbsp

### Method:

1. Sift flour into a bowl and add sugar
2. Combine eggs and milk and add to flour and mix to smooth batter.
3. Beat in melted margarine or oil.
4. Drop dessertspoons full of mixture onto a warmed pan and cook until bubbles rise to the surface.
5. Turn with spatula and cook on other side.
6. Place on a clean tea towel on a cake cooler. Enclose the pikelets in the towel to keep them soft.

The variations to this basic recipe for sweet pikelets could include adding:

Sultanas, Apples, Sultanas and apple, Dried apricots, or Banana

Rather than putting margarine on as a topping try fruche or honey and fresh fruit for example banana, strawberry or kiwi fruit.

This recipe can also be adapted for savoury pikelets, by omitting the sugar and adding vegies such as capsicum, carrot, onion, cooked potato, or cheese, ham or chicken and topping with salsa, hummus or tomato