



Traffic light category: **Amber**

Serves: 20

## Ingredients

- 2 cups self-raising flour
- 2 tablespoons maple syrup
- 2 eggs, lightly beaten
- 1½ cups reduced fat milk
- 1 tablespoon canola oil
- Canola spray

## Method

1. Sift flour into a bowl
2. Combine eggs, maple syrup and milk in a jug, add to flour and mix to a smooth batter
3. Heat frypan and spray lightly with oil spray or heat a flat sandwich press
4. Drop dessertspoons of mixture onto the pan and cook until bubbles rise to the surface
5. Turn with spatula and cook on the other side
6. Serve topped yoghurt and sliced fruit such as strawberries.

*Recipe adapted with permission from the  
Western Australian School Canteen Association Inc.*

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