

# SWEET OR SAVOURY PANCAKES



Traffic light category: **Amber** Serves: 14

## Ingredients

- 2 cups self-raising flour
- 1 tablespoons honey
- 2 eggs, lightly beaten
- 1¼ cups reduced fat milk
- 1 tablespoon margarine (melted) or polyunsaturated oil (e.g. canola)

### Sweet variations

- Grated apple plus 1 teaspoon of cinnamon (delicious topped with pie apple)
- Mashed banana
- Frozen berries

### Savoury variations

- ½ cup grated reduced fat cheese
- Small tin of corn kernels, drained
- Spring onion, chopped

## 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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