



10 Stir and slowly add rest of the milk

10 Add grated apple



11 Turn the frying pan thermostat to 6



12 Measure 1/3 cup of mixture and pour into frying pan



Wait till you see bubbles



13 Flip hot cake



14 Cook other side then flip and check it is cooked

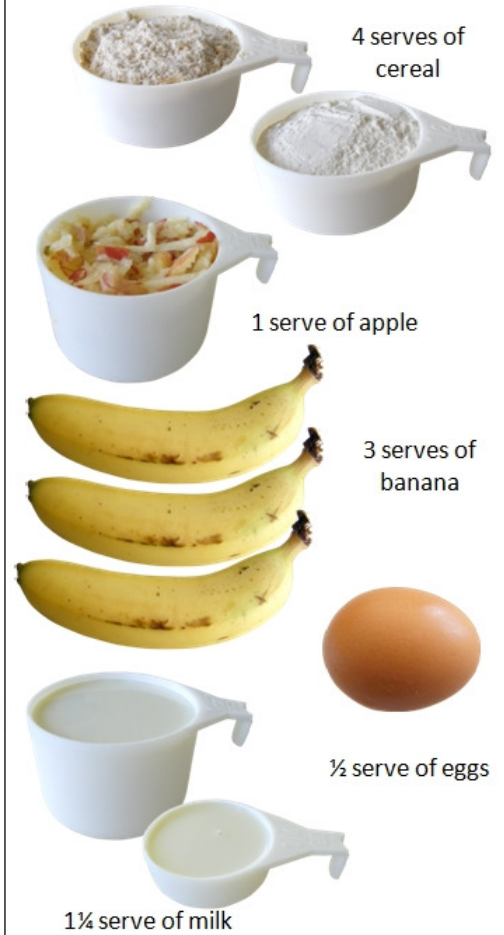
15 Serve – 3 pancakes, 1 chopped banana and 1 teaspoon of honey



Food groups



Serves in 9 fruit hotcakes served with fruit



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Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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