

# Basic wholemeal pancakes - Feeds 2



## Equipment



## Ingredients

¼ cup self raising flour



1/2 cup wholemeal self raising flour



1¼ cup milk



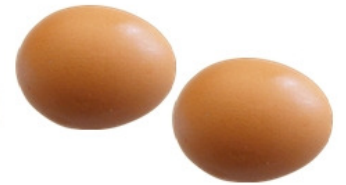
1 tablespoon of sugar



1 teaspoon of margarine



Canola oil spray



2 egg

## Prepare milk and egg mixture

- Put ¼ cup of milk and ½ teaspoon of margarine in a bowl
- Cover bowl and microwave for 20 seconds
- Mix
- Add 2 egg
- Whisk egg and add 1 cup milk

- Mix flour
- Add milk egg mixture
- Mix
- Stir and slowly add rest of the milk



10 Turn the frying pan thermostat to 6



11 Spray frying pan with oil (You may need to oil the pan after cooking each pancake)



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



13 Watch the bubbles. When the pancake is cooked gently slide the spatula underneath



14 Flip the pancake



15 Flip again to see if it is cooked underneath

### Good food plate



### Serves in 5 basic pancakes



There is no need to print the following page when printing and using this resource

## 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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