

# Wholemeal lemon pancakes (crepes) - Feeds 2-3



## Ingredients

¼ cup self raising flour



¼ cup wholemeal self raising flour



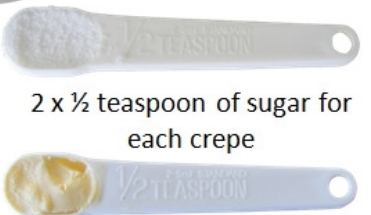
1¼ cup milk



Lemon juice



2 egg



2 x ½ teaspoon of sugar for each crepe



½ teaspoon of margarine

Canola oil spray



## Equipment



## Prepare milk and egg mixture



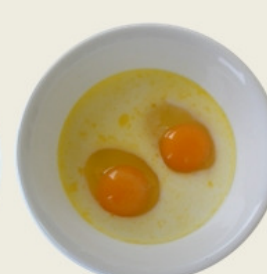
1 Put ¼ cup of milk and ½ teaspoon of margarine in a bowl



2 Cover bowl and microwave for 20 seconds



3 Mix



4 Add 2 egg



5 Whisk egg and add 1 cup milk



6 Mix flour



7 Add milk egg mixture



8 Mix



9 Stir and slowly add rest of the milk





10 Turn the frying pan thermostat to **6** & oil frying pan

11 Measure ¼ cup of mixture & pour into frying pan

12 When the pancake is cooked gently slide the spatula underneath



13 Flip the pancake



14 Flip to see if it is cooked



15 Add lemon juice



16 Sprinkle sugar

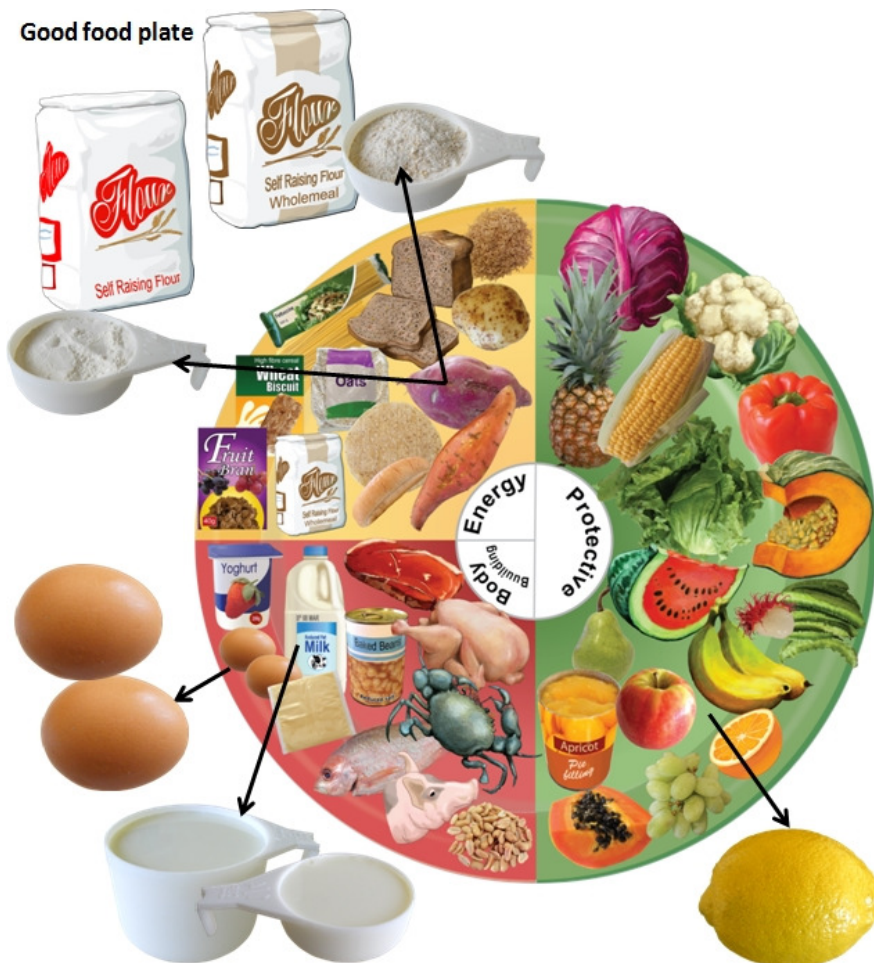


17 Roll



18 Sprinkle sugar

**Good food plate**



Serves in 5 to 6 lemon pancakes (crepes)



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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