

Combining ingredients: making healthy pancakes

Design and technology - Cooking and nutrition: celebrating culture
and seasonality

Mrs Mee



In this lesson, you will need:

Recipe card - Healthy Pancakes	
Ingredients	Method
<ul style="list-style-type: none">- 1 small bag of plain flour (<i>You can replace for gluten free if allergic to cereals containing gluten</i>)- 2 medium eggs- 1 carton or bottle of milk (<i>You can replace for dairy alternative if dairy intolerant</i>)- Oil (Olive oil, Frylight or Vegetable oil)- Select filling - savoury - spinach and grated cheese <u>or</u> sweet - Bananas, blueberries and honey	<ol style="list-style-type: none">1. Crack your two eggs into your measuring jug (make a note of the volume)2. Pour eggs into the bowl3. Measure flour to the same volume, add to bowl4. Measure the milk to the same volume, add to bowl and whisk until the batter is smooth5. Add a drizzle of oil to your frying pan and pre heat6. Pour the mixture into the frying pan and cook on both side until golden brown7. Prepare filling and serve
Equipment	
Frying pan, spatula, whisk, jug, bowl, glass, knife, grater, plate to serve	

