# Pikelets

**Ingredients**
- ½ cup wholemeal self raising flour
- ½ cup self raising flour
- ¾ cup milk
- 1 egg
- 1 tablespoon sugar
- yoghurt
- banana

**Steps**
1. Sift flour into a bowl.
2. Stir in egg, sugar and milk.
3. Heat fry pan and lightly grease with margarine.
4. Drop spoonfuls of mixture into fry pan.
5. When bubbles appear, turn over and lightly brown the other side.

**Hints & ideas**
- For sweet pikelets add some pureed, grated or mashed fruit into the mixture prior to cooking such as:
  - apple
  - pear
  - banana
- For savoury pikelets add some grated vegetables into the mixture prior to cooking such as:
  - zucchini and carrot
  - spinach, ham and cheese
  - tomato and corn.

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The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

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