BANANA PIKELETS

From the garden: eggs

NOTES TO STUDENTS and VOLUNTEER:

1. Please double this recipe and make 1 pikelet for each person.
2. Focus on the accurate measuring of ingredients and using the correct measuring utensils.
3. Be careful when cooking the pikelets.

EQUIPMENT

- Small plate
- Large mixing bowl
- Small mixing bowl
- Fork
- Measuring spoons
- Measuring cups
- Measuring jug
- Whisk
- Large non-stick frying pan
- Tablespoon
- Egg slide
- Cake cooler
- 4 serving platters

INGREDIENTS

- ¾ cup wholemeal self-raising flour
- ½ cup self raising flour
- 1 tablespoon brown sugar
- ¾ cup fat-reduced milk
- 1 egg
- 1 ripe banana
- ¼ teaspoon ground cinnamon
- Butter for cooking

WHAT TO DO

- Place the flour into a large mixing bowl.
- Stir in the sugar.
- Make a well in the centre.
- Peel and mash the banana on a small plate using a fork.
- Whisk together the milk, egg and cinnamon in a small mixing bowl. Add the banana.
- Pour wet ingredients into the dry ingredient.
- Mix gently until combined using a fork.
- Set aside for 10 minutes to rest (wash up any utensils while waiting and clean the workspace).
- Heat a frying pan over medium heat and add a small amount of butter.
- Gently drop tablespoons of batter into the pan.
- Cook for about 1 minute until bubbles appear.
- Turn and cook for another minute until lightly golden and cooked through.
- Place on wire rack and repeat cooking process.
- Divide onto 4 serving platters and serve warm or cold.

SOURCE: ADAPTED FROM THE CSIRO WELLBEING PLAN FOR KIDS – PENGUIN BOOKS 2009