

Apple & oat pikelets

Food Foundations • another NAQ Nutrition program

Ingredients – 10 pikelets

- $\frac{3}{4}$ cup self-raising flour
- $\frac{1}{2}$ cup rolled oats
- 1 egg, lightly beaten
- $\frac{3}{4}$ cup milk
- 1 tablespoon honey
- 1 apple, grated
- $\frac{1}{2}$ teaspoon cinnamon
- Spray oil



Method:

1. Place flour and oats into a mixing bowl and stir.
2. Make a well in the centre of dry ingredients.
3. Mix egg, milk, honey, apple and cinnamon together. Pour into well and stir gently to combine ingredients.
4. Spray a frypan lightly with oil and heat on medium.
5. Place $\frac{1}{4}$ of a cup of mixture on the pan and cook until bubbles form, then turn and cook for a further 1-2 minutes.

Food Group	Serves provided per pikelet
Fruit	0.1
Grains (cereal) foods	0.5