

Apple & oat pikelets

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Ingredients - 10 pikelets

- ³/₄ cup self-raising flour
- 1/2 cup rolled oats
- 1 egg, lightly beaten
- ³⁄₄ cup milk
- 1 tablespoon honey
- 1 apple, grated
- 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 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)	0.5
foods	



NAQ NUTRITION (formerly trading as Nutrition Australia Qld) | web www.naqld.org 12/212 Curtin Avenue West, Eagle Farm Qld 4009 | ph 07 3257 4393 fax 07 3257 4616 email foodfoundations@naqld.org