

Apple and Oat Pancakes

OSHC

Food Foundations



Serves: 20 (makes 40 pancakes)

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 3 cups self-raising flour
- 2 cups rolled oats
- 4 teaspoons ground cinnamon
- 4 eggs, lightly beaten
- 3 cups milk
- 4 tablespoons honey
- 4 apples, peeled and grated
- Spray oil

Method

1. Combine dry ingredients (self-raising flour, rolled oats and ground cinnamon) in a large mixing bowl.
2. Combine wet ingredients (eggs, milk, honey and grated apple) in a separate bowl.
3. Make a well in the centre of the dry ingredients and add the wet ingredients. Stir gently to combine the mixture.
4. Heat a large non-stick frying pan over a low-medium heat. Spray with oil.
5. Using $\frac{1}{4}$ cup of batter for each pancake, add to the pan. Cook for 2 – 3 minutes or until bubbles appear on the surface. Gently flip and cook on the other side for 2 minutes or until golden.
6. Repeat with remaining batter.

Recipe Notes:

Other fruit that would work well in this recipe include blueberries, pear or banana. Try using wholemeal self-raising flour to increase the fibre content. Serve with yoghurt and fresh fruit.

Food Group	Serves provided per 2 pancakes
Vegetables	0
Fruit	0.2
Grain foods	1
Lean meat and alternatives	0.1
Milk, yoghurt and cheese	0.2