

PERFECT PANCAKES

To make your pancake batter you need:

- ◆ 115g of plain flour (preferably wholemeal)
- ◆ 1 egg
- ◆ 210ml semi-skimmed milk
- ◆ 90ml water
- ◆ Sunflower oil

- 1 Put the flour in a **mixing bowl** then use the back of a **spoon** to push it out to the edges so you have a well in the centre.
- 2 Crack the egg into the middle of the bowl then gradually beat this into the flour using a **wooden spoon**.
- 3 Mix together the milk and water in a **jug** then beat this into the egg and flour until you have a smooth liquid – if it's lumpy, squash the mixture against the sides of the bowl or put it through a fine **sieve**.
- 4 Stir in 1 **tablespoon** of oil then put the mixture in the **fridge** for 20 minutes.

Ask an adult to cook your pancake:

- 1 Heat a little oil in a **non-stick frying pan**.
- 2 Pour 3 tablespoons of pancake batter into the pan.
- 3 Swirl the mixture around and cook it for a minute.
- 4 Flip the pancake over using a **fish slice** and cook for another minute. Don't worry if your first pancake falls apart – just make another!

Now add one of these fillings:

Sweet

- ◆ sliced or steamed pear
- ◆ grated apple
- ◆ lemon juice and honey
- ◆ mashed banana
- ◆ puréed strawberries, raspberries or blueberries
- ◆ chopped dried apricots

Savoury

- ◆ cottage cheese
- ◆ mashed avocado
- ◆ grated carrot with sultanas or raisins
- ◆ peanut butter
- ◆ grated cheese

Serve with low-fat yoghurt



World Cancer Research Fund

PEARS are full of fibre

PEAR TREES can be 15 metres tall – that's taller than 8 of your teachers put together!

