

Easy Peasy Pancakes with Fruit

This recipe makes little fluffy American style pancakes – perfect for children!

You will need:

Whisk or wooden spoon

Mixing bowl

Pancake pan

A cup

Spoon

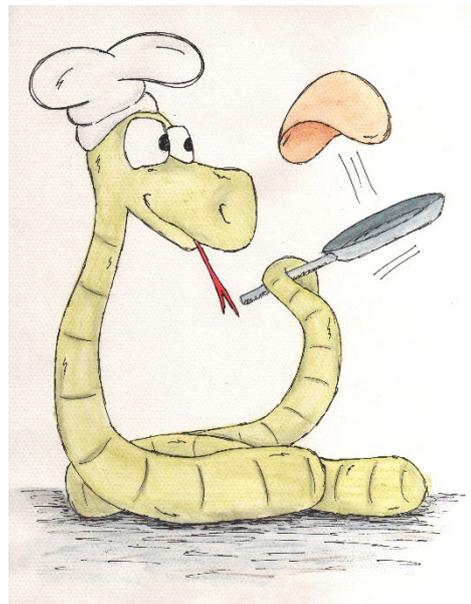
Ingredients

1 cup of flour – self-raising

1 cup of milk

1 egg (free range)

A tiny knob of butter



Method

- Fill the cup with flour and pour into the bowl
- Fill the cup with milk and pour into the bowl
- Crack the egg into the bowl
- Whisk or mix it all together until it is lump free
- Heat the pan over medium heat (adding butter)
- Add about 3 spoonfuls of batter
- When you see bubbles appear flip them over – they should be golden

Time to add toppings and get creative!

Get creative!

Fruit is a healthy and delicious option:

- Count out pieces of fruit: 1 strawberry, 2 slices of banana, 3 blueberries etc.
- Create animal faces: make eyes out of a banana slice and blueberry, use a line of blueberries for a mouth, add a strawberry for a nose.

Talk about the fruit and compare the different:

- Colours
- Sizes and shapes
- Textures
- and taste



Which do they like best?