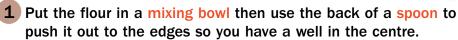
PERFECT PANCAKES

To make your pancake batter you need:

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



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

Serve with low-fat yoghurt



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Savoury

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

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