

Pancakes

Ingredients:

- 3 cups Self Raising Flour (GF sub)
- $\frac{3}{4}$ cup caster sugar
- 3 eggs
- 2 $\frac{1}{4}$ cups milk *may need slightly more or less depending on mixture consistency.
- 50g Butter for frying pan

Equipment:

- Large mixing bowl
- Sifter
- Wooden spoon
- Pancake Flipper
- Electric Frying pan
- Tray for pancakes
- Foil

Toppings:

- $\frac{1}{2}$ cup berry jam
- 1 Banana- thinly sliced into rounds
- Maple Syrup- parent/teacher to drizzle when needed
- Lemons
- $\frac{1}{4}$ cup Sprinkles
- $\frac{1}{4}$ cup Sugar
- 1 cup frozen mixed berries- warmed
- Ice-cream- to be served by adults



Method:

1. Collect all of your ingredients and equipment.
2. Sift the self raising flour into a large mixing bowl. Then stir in the caster sugar with a wooden spoon.
3. Add in the milk and eggs into the dry mixture and mix until combined.
4. Allow the batter to sit for 15 min.
5. Meanwhile, prepare your toppings into small bowls and place on a tray ready for your pancakes.
6. To cook pancakes, heat up the electric fry pan to medium/ low heat and add some butter. Allow small amount of butter to melt in pan and then pour $\frac{1}{4}$ cup of pancake mixture in and spread out to form a 12cm round pancake- you should be able to get 2-3 medium pancakes in at one time.
7. Wait for bubbles to form and then pop before flipping your pancakes. When ready flip over and cook for another minute or so before removing and placing on a baking tray and covering with foil to keep them warm. Repeat until all the mixture has been used. You are aiming for three pancakes each.

DF/ Egg Free Pancakes

Ingredients:

- 2 cup self raising flour
- 1/3 cup caster sugar
- 1 1/2 cup soy milk
- 1 tsp vanilla extract
- 1/3 cup mashed ripe banana
- 20g nutelex butter, melted

Equipment:

- Large mixing bowl
- Sifter
- Whisk
- Wooden spoon
- Pancake Flipper
- Electric Frying pan
- Tray for pancakes
- Foil

Toppings:

- 1/2 cup berry jam
- 1 Banana- thinly sliced into rounds
- Maple Syrup- parent/teacher to drizzle when needed
- Lemon juice- parent/teacher to drizzle when needed
- 1/4 cup Sprinkles
- 1/4 cup Sugar
- 1/2 a punnet of Fresh Strawberries- chopped
- Ice-cream- to be served by adults



Method:

1. Collect all of your ingredients and equipment.
2. Sift the self raising flour into a large mixing bowl. Then stir in the caster sugar with a wooden spoon.
3. In a large jug, whisk together the milk, banana and vanilla. Add it into the dry mixture and mix until combined. Allow the batter to sit for 15 min.
4. Meanwhile, prepare your toppings into small bowls and place on a tray ready for your pancakes.
5. To cook pancakes, heat up the electric fry pan to medium/ low heat and add some butter. Allow small amount of butter to melt in pan and then pour 1/4 cup of pancake mixture in and spread out to form a 12cm round pancake- you should be able to get 2-3 medium pancakes in at one time.
6. Wait for bubbles to form and then pop before flipping your pancakes. When ready flip over and cook for another minute or so before removing and placing on a baking tray and covering with foil to keep them warm. Repeat until all the mixture has been used. You are aiming for three pancakes each.