

BANANA PIKELETS

From the garden: eggs

NOTES TO STUDENTS and VOLUNTEER:

1. Please double this recipe and make 1 pikelet for each person.
2. Focus on the accurate measuring of ingredients and using the correct measuring utensils.
3. Be careful when cooking the pikelets.

EQUIPMENT

Small plate
Large mixing bowl
Small mixing bowl
Fork
Measuring spoons
Measuring cups
Measuring jug
Whisk
Large non-stick frying pan
Tablespoon
Egg slide
Cake cooler
4 serving platters

INGREDIENTS

$\frac{3}{4}$ cup wholemeal self-raising flour
 $\frac{1}{2}$ cup self raising flour
1 tablespoon brown sugar
 $\frac{3}{4}$ cup fat-reduced milk
1 egg
1 ripe banana
 $\frac{1}{4}$ teaspoon ground cinnamon
Butter for cooking

WHAT TO DO

- Place the flour into a large mixing bowl.
- Stir in the sugar.
- Make a well in the centre.
- Peel and mash the banana on a small plate using a fork.
- Whisk together the milk, egg and cinnamon in a small mixing bowl. Add the banana.
- Pour wet ingredients into the dry ingredient.
- Mix gently until combined using a fork.
- Set aside for 10 minutes to rest (wash up any utensils while waiting and clean the workspace).
- Heat a frying pan over medium heat and add a small amount of butter.
- Gently drop tablespoons of batter into the pan.
- Cook for about 1 minute until bubbles appear.
- Turn and cook for another minute until lightly golden and cooked through.
- Place on wire rack and repeat cooking process.
- Divide onto 4 serving platters and serve warm or cold.