

# Snacky Stuff Greater Spotted Pancakes



Pancakes can form a delicious and versatile part of any meal and whilst they aren't likely to be eaten everyday they can be made much healthier by opting for semi-skimmed milk instead of whole milk and choosing fillings based on fruit, vegetables, lean meat, fish etc. Here's a fun way of incorporating dried fruit into a breakfast, dessert or snack.

## Equipment:

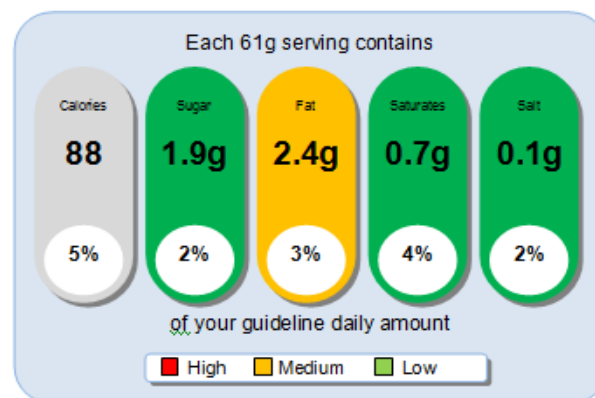
Weighing Scales, Kitchen roll, Bowls, Spoons, Whisk or fork, Small frying pan,

## Ingredients: (Makes 8)

125g plain flour  
1 large egg  
300ml semi-skimmed milk  
2 teaspoons vegetable oil  
2 tablespoons cold water  
120g dried fruit eg raisins or cranberries



## Nutrition Information



Guideline daily amount for children (5-10 years)

## Preparation and Cooking Method:

1. Put the flour, egg, milk and water into a large mixing bowl. Whisk the ingredients together to make a thin batter.
2. Heat 2-3 drops of oil in a frying pan. (You will need to do this for each pancake you make. *Tip: use kitchen roll to spread the oil evenly over the base of the pan*). Spoon in about 3 tablespoons of batter, tilting the pan as the batter is added to swirl it over the base. Quickly scatter in 15g dried fruit before the batter sets.
3. When the underside of the pancake is cooked, use a spatula to flip over the pancake, then cook the other side. Cook 8 thin pancakes in this way and serve them as soon as you cook them, or keep them warm in a low oven until all 8 are ready.
4. Serve with the lemon/orange wedges – children will enjoy squirting on their own choice of juice!

*Tip: You can cover and chill the batter for up to 4 hours before making the pancakes, but stir it well before cooking them.*

**Did you know:** around 30g of dried fruit counts as one of your five-a-day!