

4

APPLE & CARROT PIKELETS

10 mins preparation | 15 mins cooking

Serves 4

Vegetarian Friendly



Ingredients

- 1 large carrot, peeled and grated
- 1 large apple, peeled and grated
- 1 cup wholemeal self-raising flour
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp cinnamon
- 1 tbsp sugar
- 1 cup lite milk
- 1 egg
- Spray oil
- Low fat vanilla yoghurt to serve

Method

1. In a bowl, whisk together flour, baking powder, salt and cinnamon.
2. To the bowl, add sugar, milk and egg and whisk until smooth.
3. Stir in the grated carrot and apple.
4. Heat a large non-stick frypan over a medium heat. Grease the pan with spray oil.
5. Spoon 1 heaped tablespoon of pikelet mixture into the pan. The frypan should fit about 6 pikelets at a time.
6. Cook for 1-2 minutes or until small bubbles form on the surface.
7. Using a spatula, flip the pikelets over and cook for a further 1 - 2 minutes.
8. Remove from pan and repeat with remaining mixture.
9. Allow to cool for a few minutes and serve with low fat vanilla yoghurt.