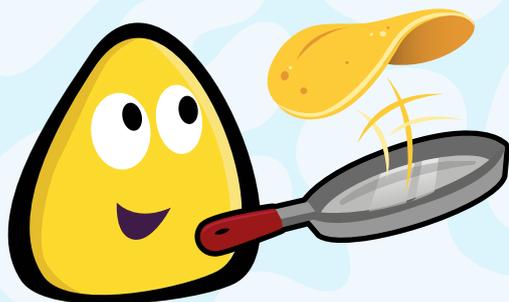


Pancakes



Let's Make Together!

You will need

200g plain flour
400ml milk
2 large eggs, lightly whisked
1 tbsp vegetable oil
a pinch of salt
vegetable oil for frying



1

Put the flour in a large bowl with a pinch of salt, make a well in the centre, pour in the milk and eggs, then whisk until you have a smooth batter. Add the vegetable oil and whisk again.

2

Take a large frying pan and carefully wipe the inside of the pan with some kitchen roll dipped in vegetable oil.

3

With a grown-ups help heat the pan over a medium heat for about a minute, then add just under a ladleful of batter to the pan and immediately start swirling it around to get a nice even layer.

4

Cook the pancake for about 30 seconds then use a palette knife or spatula to lift the pancake carefully and check that it's golden-brown before turning over. Cook the other side for around 30 seconds and your delicious pancake is ready!

If you like, you could give your little one a selection of toppings to sprinkle on their own pancake - if children feel 'in charge' of their own food, they're more likely to try out new things and be adventurous!

