

Eat a Rainbow Recipes

RED

Strawberry Pikelets

Serves 2

Ingredients:

125 grams self raising flour

3 teaspoons sugar

180ml Low fat milk or buttermilk

1 egg

50 grams strawberries – washed and hulled oil for frying

Equipment:

Chopping board and knife

Measuring spoon and cups

Bowls

Scraper

Blender

Method:

1. Chop strawberries finely.
2. Tip flour into a bowl and add the sugar.
3. Whisk in the egg and milk or buttermilk, then stir in the strawberries.
4. Heat frying pan and add a little oil.
5. Pour in 1 tablespoon of mixture for each pikelet. Cook for 2 minutes, until golden, and turn over.

Tips:

Buttermilk will give a lighter texture to the pikelets than milk.

This recipe works well by substituting the strawberries with frozen raspberries