



CARROT AND SULTANA MINI PANCAKES

EQUIPMENT:

- Weighing scales
- Measuring spoons
- Measuring jugs
- Grater
- Mixing bowl
- Party pan/frying pan
- Fork

TOP TIPS:

- Use vegetable spray
- Fresh blueberries could be used

INGREDIENTS:

- 100g wholemeal self-raising flour
- 1 tsp ground mixed spice
- 1 large egg
- 80g grated carrot
- 4 tbsp low-fat, lower sugar plain yogurt
- 100ml semi-skimmed milk
- 30g Sultanas or raisins
- 1 tsp vegetable oil/low fat spray

PREP TIME:

- 10 minutes

COOKING TIME:

- 10 minutes

METHOD:

1. Grater carrots.
2. Put the flour, mixed spice, egg, grated carrot, yogurt and milk into a large mixing bowl and mix well together with a fork.
3. Stir in the sultanas or raisins.
4. Heat a non-stick frying pan or party pan over a medium heat.
5. Add 2-3 drops of oil or 2-3 pumps of low-fat spray to the pan.
6. Drop 1 table spoon of the batter mix into the pan making around 5 drops.
7. Turn the pancakes every 1-2 minutes to cook both sides.
8. Add additional 2-3 drops or pumps of oil for each batch made.