



Vegie Pikelets

Ingredients:

- 1 small zucchini, washed
- 1 carrot, washed
- 1 orange (or 1 tablespoon Of 100% orange juice)
- $\frac{1}{2}$ cup SR wholemeal flour
- $\frac{1}{2}$ cup SR flour
- 1 tablespoon brown sugar
- 1 egg
- $\frac{3}{4}$ cup low fat milk
- $\frac{1}{2}$ teaspoon margarine

Method:

1. Squeeze juice from orange
2. Grate carrot and zucchini
3. Put them in a saucepan and turn stove to medium heat.
4. Add orange juice to vegetables and cook until soft (about 3 mins).
Allow to cool
5. Sift both flours into a bowl.
6. Stir in sugar, egg and milk to make smooth batter. Mix in vegetables.
7. Heat frypan on stove. Melt margarine and tilt pan so that margarine covers the bottom.
8. Drop tablespoon of the mixture into frypan.
9. Cook until bubbles appear.
10. Turn over and brown other side.

Makes 18 pikelets

Notes:

For a change, try using different vegetables in the pikelets, such as pumpkin, capsicum, tomato, mushroom and potato

Recipe from *Kids in the Kitchen* Health Dept. of Western Australia 1998