

BREAKFAST RECIPES



Vegetable Pikelets -



Ingredients:

- 1 cup white self-raising flour
- ½ cup wholemeal self raising flour
- 1 carrot, 1 potato and 1 onion – peeled and grated
- 1 cup cooked peas and corn
- black pepper (optional)
- 1 egg – lightly beaten
- Oil spray

Method:

1. Sift flours into a large bowl
2. Add grated vegetables and pepper and mix gently until well combined
3. Make a well in the centre
4. Add beaten egg and milk – mix to a smooth batter
5. Heat frying pan and spray with a small amount of oil
6. Drop tablespoons of mixture into a pan
7. Cook until brown on both sides

Alternative:

- Add 1 tablespoon of grated parmesan cheese
- Add ham or diced bacon
- Use gluten free flour

