

Today's Favourite

APPLE AND BANANA HOT CAKES



4 serves of fruit per recipe

Ingredients

2 eggs
2 teaspoons margarine, melted
2½ cups low-fat milk
2 cups self-raising flour
2 tablespoons sugar

3 medium apples, peeled, cored and grated
1 teaspoon vegetable oil
2 ripe bananas, sliced
1 tablespoon honey

Method

In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey. Makes 10.

Variation

Add ¼ cup sultanas to dry mixture.



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