



CookSmart

with Allyson Gofton

APPLE PIKELETS OR PANCAKES



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APPLE PIKELETS OR PANCAKES

Everyone loves pancakes and pikelets and adding a can of apples to the batter adds in flavour and fruit. Plus canned apples are blanched and unsweetened, ideal to keep on hand to add to a pre-bought batter mix any day.

Ingredients:

400 gram can sliced apple
1 cup pancake or pikelet mix
1 egg
1/2 cup lite milk
Grated rind of one lemon
Honey to dress

Method:

1. Chop half the sliced apple and place in a bowl with the pancake or pikelet mix, egg, milk and lemon rind. Beat well to mix.
2. Cook spoonfuls of the mixture in a hot non-stick pan over a moderate heat until bubbles appear on the surface. Turn and cook a further minute until the pikelets are cooked. Transfer to a cake rack while cooking the remaining pikelets.
3. Warm the remaining apple slices in the microwave. Serve the pikelets layered with the remaining warm apple slices with yoghurt and a drizzle of honey.

Cook's Tip

For pancakes, divide the mixture into four even portions to cook. Cooking time will be similar.



Serves: 4

Ready In: 20 minutes

Look out for tips and recipes using fruit and veg in store or visit www.livesmart.org.nz for more easy ways to eat smart, move smart and get trim



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