

# Harold's Apple and Oat Pikelets



# Harold's Apple and Oat Pikelets

MAKES 12



## INGREDIENTS

- $\frac{3}{4}$  cup self-raising flour
- $\frac{1}{2}$  cup rolled oats
- 1 egg, lightly beaten
- $\frac{3}{4}$  cup milk
- 1 tablespoon honey
- 1 apple, grated
- $\frac{1}{2}$  teaspoon cinnamon
- Spray oil

## METHOD

1. Place flour and oats into a mixing bowl and stir.
2. Make a well in the centre of dry ingredients.
3. Mix egg, milk, honey, apple and cinnamon together.  
Pour into well and stir gently to combine ingredients.
4. Spray a frypan lightly with oil and heat on medium.
5. Place  $\frac{1}{4}$  of a cup of mixture on the pan and cook until bubbles form, then turn and cook for a further 1-2 minutes.

## RECIPE NOTES

- Apple and oat pikelets make a tasty weekend breakfast or after school snack.
- Get the kids involved in the kitchen by having them help prepare the pikelets.
- Serve pikelets with diced fruit and yoghurt.