

Fresh for kids™ Strawberry pikelets



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Ingredients:

- 1 egg
- 1/4 cup caster sugar
- 1 1/4 cups SR flour
- 1/2 tsp bicarbonate of soda
- 3/4 cup milk
- 250g strawberries, hulled, halved lengthways and sliced
- olive oil spray, for greasing
- low fat ricotta, to serve (optional)
- extra sliced strawberries, to serve (optional)

Method:

1. Beat egg and sugar in a medium bowl until well combined. Sift flour and bicarbonate of soda together and gently fold into mixture with the milk. Using a whisk, mix until smooth. Gently stir through strawberries until just combined.
2. Heat a large frying pan over medium heat. Lightly spray with olive oil spray to grease. Using about 2 tbs mixture per pikelet, cook pikelets in batches for 2–3 minutes on each side or until puffed and golden.
3. Serve warm pikelets topped with ricotta and extra strawberries.

Health benefits:

Strawberries

This delectable fruit is an excellent source of folate. It is very high in vitamin C. A half a cup of fresh strawberries will provide a child with over half your daily vitamin C needs.

The carbohydrate present in strawberries has a low glycemic index and will provide you with sustained energy.

Makes: 12

Preparation: 12 minutes

Cooking: 15 minutes



Supplying quality fresh fruit & vegetables



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