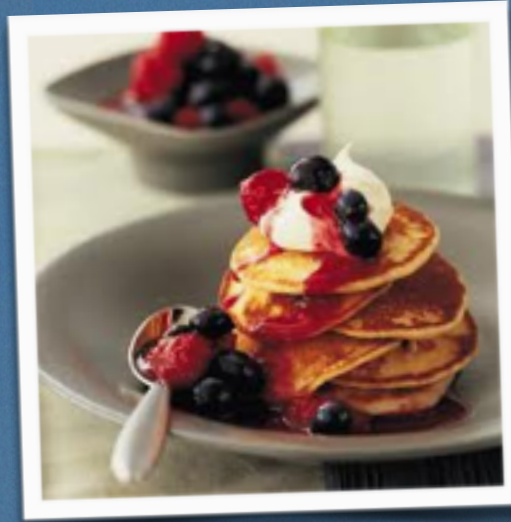


FRUIT PIKELETS



Makes 20
Pikelets

INGREDIENTS

<i>1 egg</i>	<i>1/4 C SR Wholemeal Flour</i>
<i>2t Veg Oil</i>	<i>1 C SR Flour</i>
<i>1 T Castor sugar</i>	<i>1/2 small banana</i>
<i>1 C Milk</i>	<i>1/4 C sultanas</i>
<i>1 t Vanilla Essence</i>	

METHOD:

- 1. Collect all equipment and ingredients.*
- 2. In a bowl, beat the egg, sugar and oil with a fork.*
- 3. Add the milk and stir gently.*
- 4. Sift flours together and add to the egg mixture. Add Vanilla Essence and beat until it is smooth.*
- 5. Mash banana and add to pikelet mixture along with sultanas*
- 6. Mix well until thoroughly combined.*
- 7. Gently heat a seasoned frying pan (rubbed with a little butter)*
- 8. Spoon Tablespoons of mixture into the pan.*
- 9. Allow mixture to cook and set on the first side. Turn when bubbles appear on the surface. Cook until golden brown.*
- 10. Serve hot or cold for breakfast, with maple syrup or yoghurt.*