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| S2 | Design & make a healthy pancake |

**Success Criteria**

* Successfully make product in a safe and hygienic manner.
* Create a recipe choosing ingredients from the list.
* Name two nutrients in your recipe and explain the health benefits

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| pancakes | | Choose from: | | | | | |
|  | Main ingredients |  | Fresh fruit |  | Canned fruit |  | Frozen fruit |
| 150g  25g  1  150ml  15ml | SR flour  caster sugar  egg  milk  vegetable oil | ½  75g  1 | Banana  Strawberries  apple | 2x  2 x | Pineapple ring  Peach half | 60 mls | Mixed berries |

## Method

1. Personal preparation.
2. Select your own choice of fruit and chop into small pieces.
3. Put all dry ingredients into a large bowl and stir well
4. Crack the egg into a small bowl.
5. Make a well in the centre of the dry ingredients and add the egg with a little of the milk. Whisk with a balloon whisk until the batter is smooth.
6. Keep adding the milk a little at a time. It should be quite thick.
7. Add your prepared fruit and fold into the mixture.
8. Heat the frying pan with a little oil. Once it is hot, drop 1 tablespoon of the batter into the frying pan and wait until you see lots of little holes appearing in the mixture. Adjust the heat as necessary. Your teacher will demonstrate.
9. Flip the pancake over with a fish slice and check to see when it is golden.
10. Put on a cooling tray until all your pancakes are ready.