

Aussie Pancakes (Pikelets)



Preparation time: 20 mins

Serves: 10 people

User Rating: ★★★★★

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Categories: Pancake Tuesday, Desserts, Vegetarian



Ingredients

- 4 eggs
- 1½ cups self-raising flour
- 1½ cups (375mL) skim milk
- 1 tbs low fat spread
- Vanilla ice cream
- 2 mangoes, sliced
- 1 packet of Anzac biscuits
- Honey to taste

Method

1. Sift flour into a bowl. Make a well in the centre. Whisk together the milk and eggs in a large bowl.
2. Add the milk mixture to the flour mixture, whisking constantly until a smooth batter forms.
3. Heat a non-stick frying pan over low heat and melt a little low fat spread.
4. Add 2 tablespoons of mixture, spread quickly to form a circle. Cook until bubbly, a little dry around the edges, and lightly browned on the bottom; turn and brown the other side.
5. Top with a scoop of vanilla ice cream, sliced mango and crumbled Anzac biscuits.
6. Add a drizzle of honey to taste.

Notes

For a classic take on pancakes be sure to check out our [Best Pancakes recipe](#) today!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
171g	1250kJ 299kcal	8.5g	10.2g	5.8g	41.6g	19.5g	269mg	2.4g