

Carrot Cake Pikelets



✂ Serves: 20 (Approx 55g) ⌚ Prep Time: 20min (+30 mins rest time) ↻ Difficulty: Easy

Packed with fruit and veg, these pikelets are a flavoursome twist on the classic pikelet recipe. Serve with a thin spread of margarine for a snack or load them up with yogurt and berries for a more substantial breakfast meal.



Ingredients

- 1½ cups milk
- 1 egg, lightly whisked
- 1½ cups wholemeal self-raising flour
- ½ cup white self-raising flour
- 3 tablespoons brown sugar
- 1 teaspoon mixed spice
- 450g can crushed pineapple (in juice), drained
- 2 medium carrots, peeled and grated
- Canola oil spray

Method

1. Place the milk and egg in a large jug and whisk to combine.
2. Combine flour, sugar and mixed spice in a separate bowl. Add pineapple and carrot and gently toss to combine.
3. Make a well in the centre. Add the milk mixture to the flour mixture and use a whisk to stir until a smooth batter forms.
4. Cover with plastic wrap and set aside for 30 mins to rest.
5. Heat a non-stick frying pan over medium-low heat. Spray with a little canola oil spray.
6. Spoon 2 tablespoons of mixture for each pikelet into the frying pan. Cook for 1-2 mins or until bubbles appear on the surface. Turn and cook for a further 1 min or until lightly golden and cooked through. Transfer to a plate and cover with foil to keep warm. Repeat with the remaining batter to make approximately 20 pikelets.