

Fruit Pikelets

**Cost \$1.50 per recipe
(makes 20 small pikelets)**

Ingredients:

½ cup white self raising flour

½ cup wholemeal self raising flour

1 cup reduced fat milk

1 egg

1 apple, grated and pinch cinnamon OR 2 tbs sultanas

Cooking spray

Method:

Place flours and sugar in bowl. Whisk together milk and egg until combined. Add milk mixture to dry ingredients and whisk until smooth. Stir in apple and cinnamon or sultanas.

Heat frypan over medium heat, spray with cooking spray. Place tablespoons of mixture into frypan. Turn once bubbles have risen to surface and cook until golden. Repeat with remaining mixture.

Variation: use 1 mashed ripe banana or 1 grated pear or some canned peaches instead of apple or sultanas

The logo for 'Opal' features the word 'Opal' in a large, white, rounded font with a thick blue outline. To the right of the text is a stylized, colorful figure with a blue body and white hands, appearing to be in motion. The background consists of vibrant, overlapping shapes in shades of blue, yellow, and pink, creating a dynamic and playful feel.

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