

Ham and Zucchini Pikelets

**Makes 12 pikelets
(or 20 small pikelets)**

Ingredients:

½ Cup wholemeal self-raising flour
¼ Cup white self-raising flour
1 ½ Tblspn grated reduced-fat cheese
½ zucchini, grated
1 ½ slices (35g) of honey leg ham, diced
⅔ Cup reduced-fat milk
1 egg, lightly beaten
Olive oil cooking spray

Method:

- Place flours and cheese in a bowl.
- Combine zucchini, ham, milk and egg in a separate jug. Add to the flour and cheese mixture and stir until combined.
- Heat frypan over medium heat, spray with cooking spray.
- Place tablespoons of mixture into frypan and turn once bubbles have risen to surface. Cook until golden.
- Repeat with remaining mixture.

