



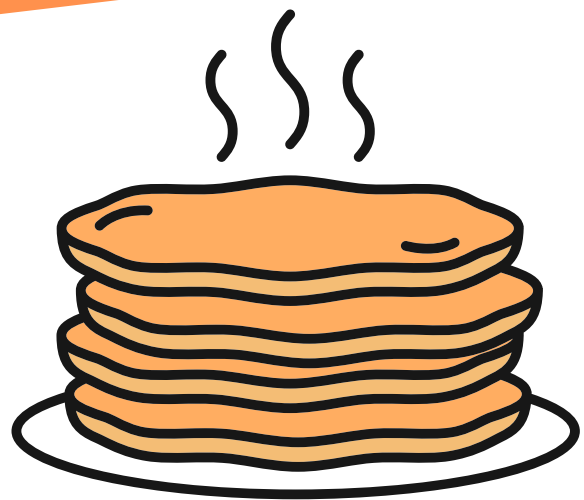
BOREDOM BUSTERS

TIARNA'S
PICK

SAVOURY PIKELETS

INGREDIENTS:

- 1 small zucchini, grated
- 1 carrot, grated
- 1 orange, juiced
- 1 cup wholemeal self-raising flour
- 1 tbs sugar
- 1 egg
- 3/4 cup reduced-fat milk
- Olive or canola oil spray



METHOD:

1. Put the orange juice, zucchini and carrot in a small saucepan and cook until vegetables are soft, about 3 minutes.
2. Sift flour into a bowl.
3. Add the sugar, egg and milk and mix to make a smooth batter.
4. Mix the cooked vegetables into the batter.
5. Heat a frying pan and lightly spray with oil.
6. Drop tablespoons of mixture into the frying pan and cook until bubbles appear, then flip over and cook for another 2-3 minutes.

TIPS AND STORAGE:

- Store in an air-tight container in the fridge for up to 3 days.
- Tip: Pikelets can be cooked on a flat, non-stick sandwich press

Recipe adapted from www.frugalandthriving.com.au