

Super Simple Lunchbox Pikelets

🕒 ❄️ ❤️ can be GF

This recipe is super simple and can be used so many ways in the lunchbox. This will make about 24 pikelets.

Ingredients

- 1 cup overflowing SR Flour (use GF if you wish)
- 1 cup full cream milk
- 1 egg

Directions

1. Mix all ingredients together til there are no lumps.
2. Heat a frying pan over high heat.
3. Grease well with olive oil spray or coconut oil.
4. Use 1/4 cup to pour small amounts into the pan to make the pikelets - about 8cm in diameter.
5. Turn heat down a little. As the pikelets bubble and pop, flip the pikelet over and cook the other side.
6. Allow all pikelets to cool on a plate.



Bonus Can be frozen

Freezing / Storing Instructions

Store 2 pikelets in individual zip lock bags (once they've stopped steaming) and freeze. Alternatively, you can put baking paper in between each set of two pikelets, and then freeze them in one bag.

Another 2 ways to use this recipe

- Spread 2 pikelets with cream cheese then place banana and honey between the 2 pikelets
- At step 4, before flipping, pop a couple of blueberries into the mixture