

PANCAKE SKEWERS – serves four

1 cup buttermilk
½ cup low fat milk
1 egg
1 teaspoon vanilla extract
1 cup self-raising flour
½ cup wholemeal self-raising flour
½ cup rolled oats
¼ teaspoon bicarbonate of soda
¼ cup caster sugar
25g butter, melted

Fresh fruit to serve
Honey



1. Whisk milks, egg and vanilla together in a jug.
 2. Sift flours and bicarbonate of soda into a bowl. Return bran husks to the bowl.
 3. Add rolled oats. Stir in sugar. Make a well in centre. Add milk mixture.
 4. Whisk until just combined.
 5. Check consistency of mixture with teacher (you may need to add more milk).
-
6. Heat two large non-stick frying pan over medium heat.
 7. Place butter in a microwave safe container (white ceramic bowl covered with cling wrap). Microwave on high for 10 seconds.
 8. Brush pan with butter using a pastry brush.
 9. Using ¼ cup mixture per pancake, cook 2 pancakes for 3 to 4 minutes or until bubbles appear on surface. Turn and cook for 3 minutes or until cooked through. Transfer to a cooling rack.
 10. Cover loosely with a clean tea towel to keep warm.
 11. Repeat with remaining mixture, brushing pan with butter between batches.
 12. Thread the pancakes onto skewers with fruit (as per picture).
 13. Drizzle with honey.
 14. Enjoy.