

# Nutrition Snippet

## BLUEBERRY PIKELETS

**Serves: 6**

**Prep time: 5 mins**

**Cooking time: 15 mins**



### Ingredients

- 1 cup self-raising flour
- 2 tablespoons caster sugar
- 2/3 cup reduced-fat milk
- 1 egg
- 3/4 cup frozen blueberries
- Olive oil spray

### Method

Step 1: Add the flour and sugar to a large bowl. In a jug, whisk the milk and egg to combine.

Step 2: Slowly add the egg mixture into the flour and whisk until well combined. Gently fold through the blueberries.

Step 3: Spray a large non-stick frypan with olive oil and heat over medium heat. Scoop a tablespoon of the mix into the pan, cooking up to four at a time. Cook for 1 minute or until bubbles appear on the surface and pikelets are golden underneath. Turn and cook for a further 1 minute or until golden.

Step 4: Transfer to a plate and cover with foil. Repeat with remaining batter, spraying the pan between each batch.

**For this recipe and more visit:**  
**[healthylunchbox.com.au](http://healthylunchbox.com.au)**



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