



GET CREATIVE



30 MINUTES



PREPARATION
NEEDED

PANCAKES

▶▶ GETTING INTO THE ACTIVITY

Celebrate Strove Tuesday (16th February 2021) and the start of Lent by cooking, flipping and eating some delicious pancakes.

Preparation: Young people should have the ingredient list provided to them the week before, so they can have everything ready for the virtual session. You may also wish to save some time by measuring the ingredients before the session starts. This recipe should make 3 pancakes.

- 1) Place 50g plain flour, 1 large egg, 150ml milk and ½ tbsp sunflower oil into a bowl and whisk until it becomes a smooth batter.
- 2) Put a small to medium sized frying pan over a medium heat and add a small amount of oil or spray with some cooking spray.
- 3) Once the pan is hot, pour in 1/3rd of the mixture and cook the pancakes for roughly 1-2 mins on each side until golden. You'll need to flip the pancake to allow the other side to cook. This can be done carefully with a spatula or, if you're feeling brave, with a flip of the wrist.
- 4) Once cooked, serve up on a plate and add lemon, sugar and any other toppings you wish. Enjoy!

Take it Further: Whilst eating the pancakes, have a chat about lent, the meaning behind it and what different things you could give up this Lent.



WHAT YOU'LL NEED

- 50g Plain Flour
- 1 Large Egg
- 150ml Milk
- Sunflower Oil / Cooking Spray
- Lemon / Sugar
- Toppings
- Frying Pan
- Bowl & Whisk



KEEPING EVERYONE SAFE

Before starting, share advice on how to safely use a kitchen, particularly when using a hob and a frying pan. Activity should be supervised by an adult.