

# PANCAKES



GET CREATIVE



30 MINUTES



PREPARATION  
NEEDED



## GETTING INTO THE ACTIVITY

Celebrate Shrove Tuesday (16<sup>th</sup> February 2021) and the start of Lent by cooking, flipping and eating some delicious 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 a photo of your pancakes and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

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



## NOTES FOR PARENTS & CARERS

Please follow good food hygiene at all times. Take care around the oven and hot surfaces. An adult should initiate any contact with the BB group and/or share on social media.