

MAKING BREAKFAST

The book asks "What will you make for breakfast"? Use the recipe below to make some super fluffy healthy pancakes for breakfast really easily in a smoothie blender machine.

INGREDIENTS

- 1½ cups buttermilk or full cream milk with 1 tbsp of apple cider vinegar
- 2 eggs
- 2 cups wholemeal self-raising flour
- 2 tbsp melted butter or vegetable oil
- Oil or butter for greasing the pan

INGREDIENTS

- Add the milk and eggs to the large cup of your mixer.
- Blitz for 30 seconds or until light and fluffy.
- Add the flour and mix again for 10 seconds or until just mixed through.
- Ask an adult to help you heat a frypan and add some butter to cook the pancakes.
- When the butter is melted pour a small amount of pancake batter into the pan.
- Cook for a few minutes, until little bubbles form on the surface of the pancake.
- Flip the pancake and cook for a further 2 minutes until the base is golden brown.
- Serve with sliced fruit and yoghurt for a healthy breakfast treat.



Follows a sequence of steps for making designed solutions such as a recipe.