



MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŌ WHAKAHIATO ORA



Weet-Bix™ Pikelet recipe

Ingredients

- 4 Sanitarium Weet-Bix™, finely crushed
- 2 ¼ cups self-raising flour
- 2 eggs
- 1.5 cups Anchor milk
- 2 tablespoons honey
- 2 teaspoons vanilla essence
- ¼ cup oil
- Butter or olive oil for cooking

Method

1. Combine the flour, and crushed Weet Bix™ in a medium bowl.
2. Lightly beat the egg in a small bowl and add the milk and honey, olive oil.
3. Make a well in the centre of the dry ingredients and add the wet ingredients, stirring well. Make sure there are no lumps, then cover and rest for 15 minutes.
4. Heat the electric frying pan to low to medium heat and add a teaspoon of butter.
5. Drop tablespoon of batter into the pan – about 4-5 pikelets at a time. Cook until the batter starts to bubble and edges of the pikelets start to turn golden. Turn, and cook on the other side until golden brown.
6. Place finished pikelets in low heat oven, covering with tinfoil to warm until ready to serve.

This batch makes approx. 48 pikelets.