

Pikelets



This recipe makes a batch of about 30 pikelets depending upon the size you make them. I like to use an ice cream scoop half full to get similar sized pikelets.

INGREDIENTS

- 1 cup GF plain flour or wholemeal flour
- 2 tspns baking powder
- vGood dash cinnamon (optional)
- 2 eggs (or egg substitute)
- 1 tblspn Rice Malt Syrup
- 1 tspn vanilla extract
- 1 cup coconut milk or milk of your choice
- 1/4 cup of water

METHOD

1. Mix all dry ingredients together (whisk in a bowl, or shake in a big jar)
2. Add rice malt syrup, eggs, milk and water to the flour mix
3. Whisk until combined or shake until all combined (don't over whisk or over shake)
4. Heat a frying pan over high heat
5. Grease well with olive oil spray or coconut oil
6. Pour a small amounts into the pan to make the pikelets - about 8cm in diameter. If you want to be more precise, use something like an icecream scoop to scoop out batter - this will ensure consistent sizing of the pikelets.
7. Turn heat down a little. As the pikelets bubble and pop, flip the pikelet over and cook the other side
8. All to cool on a plate

FREEZING / STORAGE INSTRUCTIONS

- Store 2 pikelets in individual zip lock bags (once they've stopped steaming) and freeze.
- Alternatively, you can put baking paper in between each set of two pikelets, and then freeze them in one bag.

ANOTHER 2 WAYS TO USE THIS RECIPE

- Make big pancakes and wrap up a banana & honey
- Make this savoury by dropping the rice malt syrup. Add dash of salt and pepper.