

Make your own Vegetable Pancakes

Quick & healthy lunchbox filler or snack!



You will need...



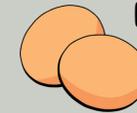
1-2 handfuls
Wholemeal Flour
or Plain Flour



Corn
Kernels



3-4 handfuls of
vegetables & herbs
(e.g., carrot, zucchini, sweet
potato, capsicum)



Eggs



Cooking
Oil

Equipment



- > Box Grater
- > Large mixing bowl
- > Fry Pan & Spatula



Wash hands
before cooking

Cooking Hygiene & Safety



Adult
Supervision



Only touch your
ingredients

Start by...



Grating all vegetables
Chop herbs fine as possible
Add to mixing bowl

CRACK n' Mix

Crack eggs into bowl
Add flour & corn

Mix everything
together



Time to Fry

Add little oil to low-
medium heated fry pan
Add ½ cup of pancake
mix to fry pan
Flip once golden brown



Spread on top...



Avocado

Sliced
Tomato



Lemony Yoghurt