Community Integrated Care®

Pancake Day!

CARE TO COOK

What you will need



120g Self Raising Flour



250ml Milk



1 Egg



Mixing Bowl



Whisk



Apron



Frying Pan



Spatula



Ladle

Method

Crack the egg into a bowl.



Add the flour and milk.



Whisk until smooth.



Place a frying pan on medium heat.



Heat a little butter or oil to stop the pancakes from sticking to the pan.



Pour a ladle of the pancake mixture into the pan.





Cook for 2 minutes until bubbles appear.



Flip with a spatula and cook for a further 2 minutes.



Place the pancake on a plate.



Add your favourite toppings and enjoy!