

Beetroot pikelets

EVERYDAY NSW

Makes 20 pikelets

Ingredients:

- ½ cup wholemeal self-raising flour
- 1 egg
- 1 beetroot
- 2 tbsp Greek yoghurt, reduced fat
- 1 tbsp maple syrup



Method:

1. Roughly chop the beetroot into small pieces and place into a blender or food processor with the yoghurt and maple syrup
2. Blend until a smooth puree is formed. You may need to add some milk to the mixture to make a puree
3. Crack the egg into a bowl and whisk until combined
4. Add the beetroot mixture to the egg and whisk until combined
5. Fold the flour through the mixture
6. Add the batter to a non-stick pan (or grease the pan with olive oil) over medium heat
7. Cook the pancakes for 2 minutes or until bubbles appear on the surface
8. Flip the pancakes and cook for an additional 1-2 minutes
9. Serve with seasonal fruit and/or a dollop of Greek yoghurt

Nutrition information:

	Per serve 32g (2 pikelets)	Per 100g
Energy (kJ)	193	602
Protein (g)	2.6	8.0
Fat – total (g)	0.7	2.1
Saturated (g)	0.2	0.5
Carbohydrates – total (g)	6.8	21.3
Sugar (g)	2.2	7.0
Sodium (mg)	63.0	196.0
Fibre (g)	1.1	3.4