

Strawberry Pancakes



Elevate your pancake game with our recipe featuring Nesquik Strawberry Milkshake Powder! These pancakes are a delicious twist on the classic, bringing the flavour of strawberry right into the batter.

Serves: 4

Prep Time: 10 minutes | Cook Time: 15 minutes

Ingredients:

140g plain flour
1 tsp baking powder
4 tsp Nesquik Strawberry Milkshake Powder
1 large egg, beaten
140ml semi-skimmed milk
2 tsp oil

To serve
400g punnet strawberries, washed and sliced
150g 0% fat Greek yogurt
4 tbsp strawberry jam

TIP: For some maths practice, try reading the numbers in the recipe and on the scales with your child

Step by Step Guide

Mix Ingredients:

Put the flour, baking powder and Nesquik into a large mixing bowl. Make a well in the centre, pour

in the milk and the eggs, then whisk until you have a smooth batter.

Over 6: To involve your child in every step of the process, get them to help with adding the weighed dry ingredients to the mixing bowl and mixing everything together. You may need to work at a table instead of the worktop, so the height is more comfortable for your child.

Over 10: Get them to weigh out all the ingredients including the milk and oil. They can practice their egg cracking skills by tapping the egg on the edge of the work surface. Make sure to fish out any escaped pieces of shell before moving on to the next step..!

Prepare the frying pan:

Take a large frying pan and carefully wipe the inside of the pan with some kitchen roll dipped in vegetable oil.

All hands on deck!: Everyone can be on hand for this one. Just make sure the bottom of the pan is completely covered with the oil so the pancakes don't stick. Pour the oil into a shallow bowl makes it easier to dip the kitchen roll into it.

Time to cook!

Heat the pan over a medium heat for about a minute then add half a ladleful of batter to the pan. Cook the pancake for about 1 minute until you can see small bubbles start to appear on the top. Use a palette knife to lift the pancake carefully and check that it's golden-brown underneath before turning over. Cook the other side for another minute until your pancake is puffy and risen. Repeat until all the batter has been used up.

Over 6: This is a good opportunity to teach your children about safety in the kitchen – let them know that the hob is hot and dangerous for them to touch. Ask them to look out for the bubbles forming on top of the pancake and shout when they think they're ready for you to flip.

Over 10: With close supervision, allow your child to add the frying pan to the hob and ladle in the batter. Get them to watch out for the bubbles forming on the top and get them to lift a corner of the pancake with a spatula to see if it has turned golden brown.

Time to enjoy!

Chop the washed strawberries into three equal pieces. Share the pancakes equally between the plates and top with a spoonful of yoghurt, strawberry jam and the cut-up strawberries. Enjoy!

Over 6: Ask your child to pull the green leaves off the strawberries before you cut them up. They can also help by counting the pancakes out on to the plates and topping with the yoghurt, jam and strawberries.

Over 10: With close supervision and a child safe sharp knife, get your child to help with the cutting of the fruit. They can then help with the plating up of the pancakes and toppings.

Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
1228 kJ 291 kcal	4.3 g	1.0 g	20.7 g	0.43 g
15%	6%	5%	23%	7%

% of an adult's Reference Intake

Energy per 100g: 553 kJ / 131 kcal