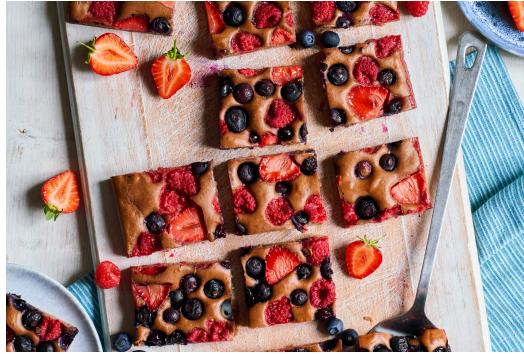


# Nesquik Chocolate Pancake Traybake



Why not use our Nesquik Chocolate Milkshake Powder to make an afternoon snack the whole family can enjoy sharing! For a balanced breakfast, simply add fat-free Greek yoghurt and a handful of berries.

Serves: 15

Difficulty: Easy

Prep Time: 10 minutes | Cook Time: 30 minutes

## Ingredients:

200g self raising flour

[30g Nesquik Chocolate Milkshake Powder](#)

200ml semi skimmed milk

2 large eggs

4g baking powder

300g mixed berries, sliced in half (we like strawberries, raspberries & blueberries!)

You will also need:

32cm baking tin, lined with baking paper

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

## Step by Step Guide

Heat the oven

Preheat the oven to 180°C (160°C fan, Gas Mark 4).

TIP: 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

Mix the ingredients

Add the flour, Nesquik, milk, eggs and baking powder to a large bowl and using an electric hand whisk, whisk together until smooth.

Over 6: Get your little one to help with weighing the dry ingredients like the flour and the Nesquik. Use a tablespoon so they can add a spoonful of the ingredient one at a time to the mixing bowl.

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! Start the electric whisk on the slowest speed to make sure all the ingredients stay inside the bowl.

Decant the mix

Pour the mixture into the baking tray then top with the mixed fruit.

Over 6: Get your little one to help decorate the top of the mixture with the berries. See if you can create fun patterns like heart shapes.

Over 10: Hold the bowl and let your child scrape out all the mix into the baking tray with either a spatula or a wooden spoon. With close supervision and a child safe sharp knife, they can also help cut up any of the larger berries.

Bake and enjoy!

Bake for 25-30 mins until the middle of the pancake feels cooked through when pressed lightly and there are no visible wet patches of batter. Allow to cool slightly then cut into slices and enjoy!

All hands on deck!: Once an adult has cut the cooled pancake into slices, ask your child with help serving it onto the plates either using a fish slice or palette knife.

**Each piece (1/15th) typically contains:**

Energy	Fat	Saturates	Sugars	Salt
335 kJ 79 kcal	1.2 g	0.4 g	3.4 g	0.24 g
4%	2%	2%	4%	4%

**of an adults Reference Intake (RI)\***

**Energy per 100g:** 747 kJ / 177 kcal