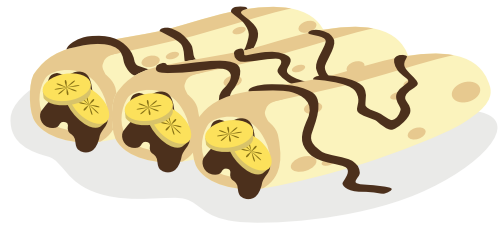


How to make Roly's Banana and Chocolate pancakes



Ingredients

100g plain flour
1 egg
275 mls milk
Little oil for frying
1 banana
Chocolate sauce

You will need

For the filling: banana, chocolate sauce
Bowl
Whisk for mixing
Frying pan for cooking

1. Sieve the flour into a large mixing bowl and make a well in the middle.
2. Break the egg and drop it in.
3. Add the milk a little at a time and stir with the whisk.
4. Whisk as hard as you can but don't spill it like I did!
5. When your mixture is nice and smooth ask mum or dad to cook the pancakes as the pan needs to be very hot.
6. Heat about 1 tsp of oil over the base of the frying pan. Add a little batter and swirl it around. Cook for about 1 min and then flip it over.
7. When cooked, place on a plate.
8. Spread chocolate sauce over the pancake. Slice the banana and place on top of the sauce.
9. Gently roll your pancake. Eat your pancake. Yum, yum!

Hope you enjoy them. Feeling hungry myself now so think I'll make some more. Mum. Can I make some pancakes?

TIP: Experiment by trying lots of other yummy fillings in your pancakes.

Note: These are activities for you and your child to enjoy together. The safety of your child is obviously very important. Please use caution when using scissors and other materials in your child's presence.