

QUICK

CORN PIKELETS



Prep time: 5 mins

Cook time: 20 mins

Makes 15

- ▲ 1 cup self raising flour
- ▲ 420 g can creamed corn
- ▲ 2 tbs milk, UHT milk or milk made up from powder
- ▲ Oil spray



Makes 30

- ▲ 2 cups self raising flour
- ▲ 2 x 420 g can creamed corn
- ▲ 4 tbs milk, UHT milk or milk made up from powder
- ▲ Oil spray



- Add an egg to make these fluffy and higher in protein
- Add frozen or grated veg
- Flavour with curry powder or dried herbs
- These keep well for a few days in the fridge

Note: these cakes are a bit squidgy when they're hot, but become fluffier once cold.



1

Add all ingredients to a large bowl.



2

Mix to make a thick batter (more like wet damper than runny pancake mixture).



3

Heat a large frypan and spray with oil. Use a large spoon to dollop spoonfuls (about ¼ cup size) of batter into the frypan.



4

Cook on a medium heat until golden brown on that side – about 3-5 minutes. Flip over and cook for another 3 minutes, or until golden brown.

Partner:



Government of Western Australia
Department of Health



Government of Western Australia
WA Country Health Service

