



APPLE & APRICOT PIKELETS

Ingredients

1/3 cup diced dried apricots	1/4 cup minute oats or quick oats
1 tablespoons honey	1 small apple (140g), peeled and grated
2 tablespoons hot water	Olive oil cooking spray
1 cup buttermilk	Margarine spread or extra light spreadable cream cheese, to serve
1 large egg	
1 cup self-raising flour	

1. Combine apricots, honey and water in a small bowl. Cool slightly.
2. Whisk buttermilk and egg together in a jug.
3. Sift flour into a bowl. Stir in oats and apple. Make a well in the centre. Add apricot mixture and buttermilk. Stir to form a thick batter.
4. Heat a large non-stick frying pan and grease with cooking spray. Drop tablespoons of batter into hot pan, allowing room for spreading. Cook over a medium heat for about 2 minutes until bubbles start to appear on surface of batter.
5. Turn pikelets and cook other side for a further 2 minutes or until golden. Remove from pan. Repeat with remaining batter, re-greasing pan with cooking spray as required. Serve plain or lightly spread with margarine spread or extra light spreadable cream cheese.