

# ZUCCHINI PANCAKES



Prep and cook time: 20 minutes

Freezer friendly

## Ingredients

- 1 1/2 cups wholemeal self-raising flour
- 1/2 teaspoon baking powder
- 1 egg
- 1 1/2 cups reduced fat milk
- 1 medium zucchini, grated, squeezed to remove the moisture
- zest of 1 lemon
- 1/2 cup basil leaves, finely chopped
- olive oil spray

## Method

1. Place the flour and baking powder in a large bowl and whisk to combine.
2. Add egg and milk. Whisk until the batter is smooth.
3. Add zucchini, lemon zest and basil. Stir to combine.
4. Heat a non-stick fry pan on low to medium heat and lightly spray with olive oil.
5. Place heaped tablespoons of batter into the pan and cook for 2 to 3 minutes or until bubbles begin to appear. Flip and cook for another 1 to 2 minutes or until golden brown.
6. Place the pancakes onto a plate lined with kitchen paper and repeat until there is no remaining batter.

