

PANCAKES

TITLE: PANCAKES

PREP TIME: 10 MIN.

TOTAL TIME: 15 MIN.

NOTES



**YOU MAY NEED HELP FROM
AN ADULT TO USE THE PAN.
ASK THEM HELP :).**

INGREDIENTS

- 1 EGG

- 1 APPLE

- 4 TABLESPOONS OF OAT

FLAKES (20G) OR FLOUR

- 1 EGG

- 1 CINNAMON OR DARK

CHOCOLATE

PANCAKES

STEP BY STEP

1. YOU HAVE TO PEEL AND
CUT THE APPLE INTO PIECES
AND PUT IT ON A PLATE.

2. PUT THE SLICES IN THE
MICROWAVE FOR 2 MIN. 750W

3. MIX ALL THE INGREDIENTS
UNTIL YOU HAVE A
HOMOGENEOUS MASS.

4. TAKE A PAN PUT SOME
OLIVE OIL ON IT AND WHEN
THE PAN IS READY YOU CAN
MAKE YOUR PANCAKES.

5. ENJOY AND SHARE!