



vegetable pikelets

These tasty, allergy friendly pikelets contribute to children's vegetable intake and are a delicious addition to a lunch box.

ingredients

Serves 5

- 2 teaspoons egg replacer
- 2 tablespoons water
- 1 teaspoon parsley flakes (optional)
- ¼ teaspoon paprika (optional)
- ½ cup gluten free cornflour
- 1 teaspoon gluten free baking powder
- 2 cups zucchini, grated, drained (or spinach, finely chopped)
- 25g milk free margarine
- 2 tablespoons canola oil

method

1. In a bowl, whisk together egg replacer, water, parsley (if using), paprika (if using), cornflour and baking powder. Mix in corn.
2. Heat margarine and oil in a fry pan. Place tablespoons of mixture into pan and cook both sides until golden. Remove from pan. Place on paper towel lined plate to drain excess oil.



Milk free margarine often contains soy. This should be checked for children who are allergic to soy.