



## Scotch Breakfast Hotcakes

- 1 egg
- 1 ¼ cups (300 ml) low fat milk
- ½ tablespoon (12g) sugar
- 1 cup (90g) Scotch Oats
- ¾ cup (90g) flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder

Whisk egg in bowl add milk and stir.

Add sugar, Scotch oats, flour, baking soda and baking powder, mix together.

Heat pan to medium and lightly grease with a Tick approved oil (canola).

Place spoonfuls in hot pan, cook until light brown then flip and cook the other side.

Eat hot with your favourite topping.



CERT TM used under licence.

Recipe developed in accordance with the Heart Foundation Tick recipe development guidelines.

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