



CENTRE FOR AUTISM
MIDDLESBROUGH

Make your own pancakes

A S T E P B Y S T E P G U I D E



What you will need:

Bowl
Measuring jug
Cup
Wooden spoon
Whisk
Spatula
Pan
Plate

Ingredients:

1 cup self-rising flour
2 tablespoons of sugar
1 large egg
½ pint milk
Knob of butter
Toppings - chocolate spread,
banana, maple syrup

How to make pancakes

Step 1:



Set out all the ingredients and equipment onto the kitchen worktop.

Step 2:



Put all the ingredients into the bowl and mix together with the whisk.

Step 3:



Set the pan onto the cooker top, add a little butter then turn on the ring. Once the butter is melted use a large serving spoon and scoop some of the pancake mix into the pan.

Step 4:



When you can see bubbles it is time to turn the pancake over.

Step 5:



When the pancake is brown it is cooked.

Step 6:



Using a spatula carefully slide the pancake off the pan onto a plate. Choose some toppings to put on your pancake and enjoy!