

# Eggbert's EGGS



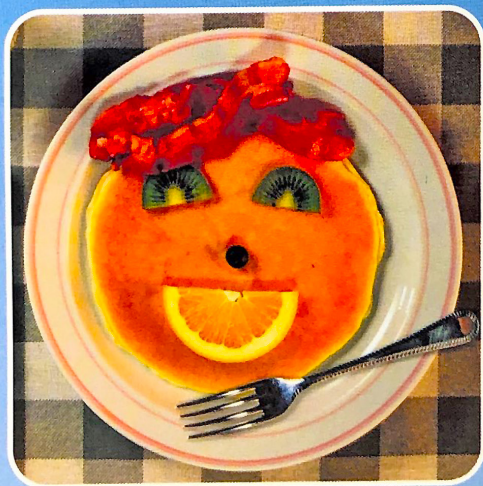
## For fun, healthy pancakes

**Pancake Day is a fun time for the whole family!  
Let me teach you how to create your first pancake,  
from start to finish. Ensure an adult is present whilst  
making your pancake.**

### You will need

1 Eggbert egg  
100g plain flour  
a pinch of salt  
300ml semi-skimmed milk  
5ml sunflower or olive oil, to grease

**Makes 12-15 pancakes.**



### Method

#### Step 1

Whizz the flour, salt, milk and Eggbert egg together until it becomes batter. Pour this batter into a jug and leave to stand for 10 minutes.

#### Step 2

Heat a pancake pan on a fairly high heat. Brush with a little oil then lower the heat to medium.

#### Step 3

Pour in about 30ml of the batter and quickly swirl the pan until the mixture thinly coats the base. Cook until set and small bubbles appear on the surface. Flip over and cook briefly on the other side, before removing from the pan.

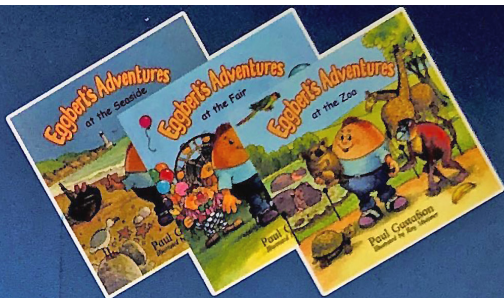
Repeat steps 2 and 3 until the pancake mix is all gone.

Top with an adventurous topping such as; bananas, strawberries or even kiwi fruit... let your imagination run wild!

**Finally...tuck in and enjoy your very first pancake creation!**



# Eggbert's EGGS



## Healthy Eggs

Eggbert Free Range eggs are produced to the highest quality. Eggs are a fabulous food containing protein to help our bodies grow. They also contain over 10 essential vitamins and minerals in every egg.

<b>PROTEIN</b>	Good for growth	
<b>VITAMIN A</b>	Good for skin and eyes	
<b>VITAMIN B</b>	Good for strong teeth & bones	
<b>IRON</b>	Good for your blood	

## Look for the Lion

It guarantees that the eggs come from British hens vaccinated against salmonella.



## Eggbert's Adventures

'Eggbert's Adventures' is an exciting new series of children's books written by primary school teacher Paul Gustafson, and beautifully illustrated by Ray Mutimer, one of the worlds leading children's artists.

Written in consultation with parents, teachers and the children themselves, the books aim to widen children's vocabulary and hone their reading ability whilst providing great enjoyment, entertainment and education. The books are available in many leading bookstores.

Eggbert's eggs support the book series by showing children how eggs, as a wholesome and natural food, play a valuable role in their diet. They also show how simple, fun and versatile eggs are for cooking with.

For more info and a host of other fun learning activities and resources see [www.eggbertsadventures.co.uk](http://www.eggbertsadventures.co.uk)

**Pancakes are just one of the tasty and fantastic meals to be made with eggs. For even more versatile and tasty meal ideas please visit [www.eggrecipes.co.uk](http://www.eggrecipes.co.uk)**