

Netherlee Primary Pancakes

On Wednesday, the children will be learning about nutrition and various food groups. As part of this we are hoping to make some Vegan pancakes with the children. The ingredients that we will use are listed below.



Pancake Ingredients

- self-raising flour
- baking powder
- sugar
- vanilla extract
- oat milk
- vegetable oil for cooking

Topping Ingredients (Children will choose one)

- **Sweet Freedom Caramel Syrup** - Sweet Freedom®
Natural Fruit Extracts (Carob & Apple), Natural Flavour & Colour
- **Sweet Freedom Chocolate Sauce**- Sweet Freedom®
Natural Fruit Extracts (Carob & Apple), Water, Cocoa, Rapeseed Oil, Natural Flavour
- **Freshly squeezed lemon**

Please advise us if there are any changes to the allergy information we hold for your child or if you wish your child not to try a pancake.

Many thanks for your support,
Miss Elliott, Mrs Mann and Mr Aitken