

# OUR RECIPE



## Berenice's Sweetcorn Fritters

Serves 4

### INGREDIENTS

- 100g plain flour
- 198g tin or frozen sweetcorn
- 250 ml milk
- 1 large egg
- 1 finely chopped spring onion
- Spray oil
- Seasoning - black pepper/salt

### METHOD

1. Whisk egg and milk together.
2. Whisk in flour.
3. Whisk in flour.
4. Fold in spring onion and sweetcorn with metal spoon.
5. Season to taste.
6. Grease baking tray with oil and pre-heat for 2 mins.
7. Spoon 2 tbsp of batter onto tray for each fritter, evenly spaced.
8. Bake 180C for 10 mins, turning over at 5 mins.

Use spray oil  
for a  
healthier option