

HEALTHY PANCAKE RECIPES



RECIPE OF THE MONTH

• SUITABLE FROM 9 MONTHS

HEALTHY PANCAKE RECIPES

Pumpkin baby pancakes

Ingredients

- 1/4 cup all purpose flour
- 1/4 cup quick oats
- 1/2 cup pumpkin puree
- 2 eggs
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/2 teaspoon vanilla extract

Method

1. Add all of the ingredient to a bowl and stir with a spoon until well mixed.
2. Spray pan or griddle with cooking spray and put on medium high heat on your burner. Once heated, add small drops of pancake batter to pan – making the size pancakes you want. For baby pancakes this is usually 1/8 cup batter, for adults 1/3 cup batter.
3. Cook pancakes until golden brown (about 3 minutes) and then flip to the other side.
4. Allow to cool before serving to baby. Enjoy!

Credit to Pumpkin Baby Pancakes Recipe - Baby Led Weaning and Toddlers Food (brooklynfarmgirl.com)

HEALTHY PANCAKE RECIPES

Banana baby pancakes

Ingredients

- 1 cup of oats (gluten free)
- 1 cup of whole milk (or dairy free plant based alternative)
- 1 small banana
- 1 tsp. of baking powder
- 1 tsp. of vanilla extract (optional)

Method

1. Add all the ingredients for the baby pancakes into a blender and blend until a smooth mixture is formed.
2. Heat a drizzle of oil over a medium heated pan. Add a teaspoon size of the baby banana pancake mixture and cook for around 1-2 minutes each side until the baby pancake is lightly golden.
3. Then remove from heat and enjoy. Serve the baby pancakes on their own or with a side of fresh fruit and a drizzle of yogurt.

HEALTHY PANCAKE RECIPES

Apple baby pancakes

Ingredients

- 80 grams plain flour (approx 1/2 cup)
- 80ml full fat milk or dairy-free milk (approx 1/4 cup)
- 1x egg
- 1/2 tsp vanilla extract
- 170 grams of apple puree

Method

1. In a large bowl combine, milk, egg, vanilla extract and apple puree. Then gradually stir the dry ingredients into the wet mixture.
2. On medium heat stove top, on a greased (buttered) pan, spoon batter mix out, wait until you see bubbles appear on top of pancakes, then immediately flip the pancakes to cook the other side.
3. Serve with yoghurt for dipping!

Credit to No Sugar Apple Pancakes - Baby Led Weaning Ideas