

MY WEANING COOKBOOK

Breakfast

Vegan pancakes

Cook time: 15 mins
Servings: Around 10
Freezable: Yes
Suitable for: 6 months +
Allergens: Gluten & soya

Ideal for
baby-led
weaning



Provided by

SR Nutrition
CHARLOTTE STIRLING-REEC

AllergyUK

Ingredients

- 200g self-raising wholemeal **flour**
- 1 teaspoon of baking powder
- 1 ripe banana, mashed
- 300mls of fortified **soya milk**
- A drizzle of olive oil for the pan
- A few handfuls of blueberries

Method

1. Sift the flour into a large bowl with the baking powder and make a well in the middle (you may need to press some of the grains through the sieve with a spoon)
2. Add the well mashed banana to the centre and then gradually whisk in the milk with the rest of the mixture. Continue this until you have a smooth, thick batter and then set the mixture aside.
3. Heat a drizzle of oil in a saucepan and, once hot, add a thick dollop of your pancake mixture into the middle of the pan
4. Dot a few blueberries on top of the mixture as it cooks and, once it's browning nicely, flip your pancake and cook it on the other side

Allergen information



Gluten



Soya

Great for...

- Introducing a range of savoury flavours through experimenting with toppings like mushrooms and tomatoes
- Baby-led weaning/finger food
- Freezing
- Including older siblings, they can help prepare this simple recipe with some help from a grown up

My notes:
