## **Breakfast**

## MY WEANING COOKBOOK

**Banana pancakes** 

Cook time: 15 mins Servings: Makes 8

Freezable: Yes

Suitable for: 6 months + Allergens: Gluten & eggs

Great for introducing allergens



Provided by





### **Ingredients**

- 50g **oats**
- 1 ripe banana
- 2 eggs
- ½ tsp cinnamon (optional)

#### Method

- 1. Blend oats until fine
- 2. Mash banana
- 3. Whisk together both with eggs
- 4. Spoon a tablespoon into an oiled frying pan
- 5. When they bubble, flip over until brown

## **Allergen information**





Egg

Gluten

Great for...

- · Introducing allergens
- Baby-led weaning/finger food
- · Introducing textures

# My notes:

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