

# MY WEANING COOKBOOK

Breakfast

## 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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