

Blueberry Lemon Pancakes

Serves: 4
Prep: 15 mins
Cook: 10 mins



Dietary: VEG, EF, NF
Age group: 12 months+
Difficulty level: Beginner

Blueberry Lemon Pancakes



Nut-Free



Vegetarian



Egg-Free

Equipment

Whisk

Ingredients

- 1 cup (130g) wholemeal flour
- 2 tsp (8g) baking powder
- 1 tsp (2g) ground cinnamon
- 2 tbsp (20g) coconut sugar (optional)
- $\frac{3}{4}$ cup (185ml) milk of choice, room temperature
- $\frac{1}{4}$ cup (60ml) filtered water, room temperature
- 2 tbsp (40ml) melted coconut oil
- 1 tsp (5ml) vanilla extract
- Zest of 1 lemon
- 125g blueberries, fresh or frozen

Method

1. Add the dry ingredients to a large bowl and whisk to combine.
2. Add the wet ingredients. Whisk gently until the pancake batter is just combined. There will be small lumps and that's ok! Don't over mix the batter!
3. Gently fold in the lemon zest and the blueberries.
4. Allow the batter to sit for 10 mins.
5. Heat a large frying pan over medium heat. Brush with coconut oil, then add $\frac{1}{4}$ cups of batter and cook on medium-low heat. You will start to see bubbles appear on the surface. Carefully flip the pancakes and cook for another minute or two, until golden brown.

Serving Suggestion: Serve pancakes with fresh seasonal fruit, crushed seeds, homemade berry chia jam, maple syrup or honey.

Storing leftovers: Store in the fridge for up to 3-4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a dairy-free version: Swap milk with soy, oat or coconut milk. For a gluten-free version: Swap wholemeal flour with buckwheat flour or a gluten-free flour blend.
- ✓ **Easy Ingredient Swaps:** Swap blueberries for berries of choice.
- ✓ **Additional Boosters:** Add 1-2 tsp of chia seeds to the batter.
- ✓ **For a Baby-Friendly Version:** Leave out coconut sugar and served mashed or in finger food-sized pieces.