

Baby's Gone Bananas!



Ready in **20 minutes**

Age **6+ Months** (Ask your pediatrician for safety)

Serves **20 Pieces**

***Adults love them too! Add a little protein powder for extra nutrients!**

***Freeze in double sealed ziploc bag for later use**

Ingredients

- 1 Large Ripe Banana
- 1 Egg, lightly separated with fork
- 1 tbl Chia Seeds (Hemp Seeds are great too!)
- 1 pinch Ground Cinnamon or Pumpkin Spice
- Additional Flavors: Smashed Blueberries, Grated Apple, Finely Minced Strawberry

Preparation

1. **Banana** - In a bowl mash banana with fork leaving some lumpiness. This will keep the pancakes in shape when cooking. We also want baby to have a little texture and not just mush.
2. **Egg** - In a separate bowl lightly whisk your egg until yolk and white are separated. Don't over whisk! Over whisking will make the pancake thin and unstable. Pour the egg into the bowl of mashed banana. Don't mix yet!
3. **Chia Seeds** - Sprinkle over banana and egg. Don't mix yet!
4. **Ground Cinnamon** - Sprinkle over mixture in bowl. Mix all ingredients until batter forms. If it seems too thick you can add breast milk, water or formula.
5. Pour batter into **Williams-Sonoma Dual Tip Pancake Pen** for clean and easy transportation to your griddle (a small spoon works fine too!) You can use either the large tip to make quarter sized pancakes or the small tip to draw fun

creations (will come in handy during those toddler years)

6. Grease a small skillet or griddle with canola oil at medium high heat. Only use a high temperature oil or you will burn it and smoke will billow from your stove. Cook small pancakes on each side for 2-3min until a golden color. Cool before serving to baby. I prefer to pull my pancakes apart to make it easier for baby to chew and not choke.