

# VEGETABLE AND CREAM CHEESE PANCAKES

*From 15 months*



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**PREPARATION**

10 minutes

**COOKING**

20 minutes

**TEXTURE**

With bits and pieces

**FROM 15 MONTHS**

**FOR 2 BABIES**

## INGREDIENTS

**Batter:** 140 g flour •  
1/2 of baking powder  
• 1 pinch of salt •  
1 egg • 250 ml milk •  
5 g butter

**Garnish:** 80 g  
zucchini • 1 piece of  
shallot • 1 pinch of  
garlic • 50 g cream  
cheese • 2 slices of  
ham

### Side dish:

300 g zucchini •  
A drizzle of oil mix

## USTENSILS

Bowls • Scales •  
Knives • Peeler •  
Saucepan • Frying  
pan • Colander •  
Spatula • Maryse  
• Whisk • Lander •  
Blender

1/ Make the pancake batter.

2/ Cut zucchini in small pieces and chop the shallot.

3/ Cook in a saucepan zucchini with shallot few minutes.

4/ Mix zucchini with cream cheese (keep some zucchini on side to have a healthy meal).

5/ Chop ham and mix with the zucchini and cream cheese.

6/ Heat a pan, oil and make a spoon of the pancake mix, add one spoon of the zucchini and cream cheese and cover with another spoon of pancake mix. Cook it 2 to 3 minutes per side.

7/ Add some zucchini with the pancakes (pieces or mixed).

*Serve warm to baby!*

