

Scotch pancakes with sliced banana and strawberries

What you'll need

- 100g self-raising flour
- 1 free-range egg
- 100ml full-fat milk
- 1 teaspoon vegetable oil
- 1/2 large or 1 small banana (80g), peeled and sliced
- 8-10 strawberries (80g), washed and tops removed, and cut into pieces

Allergies

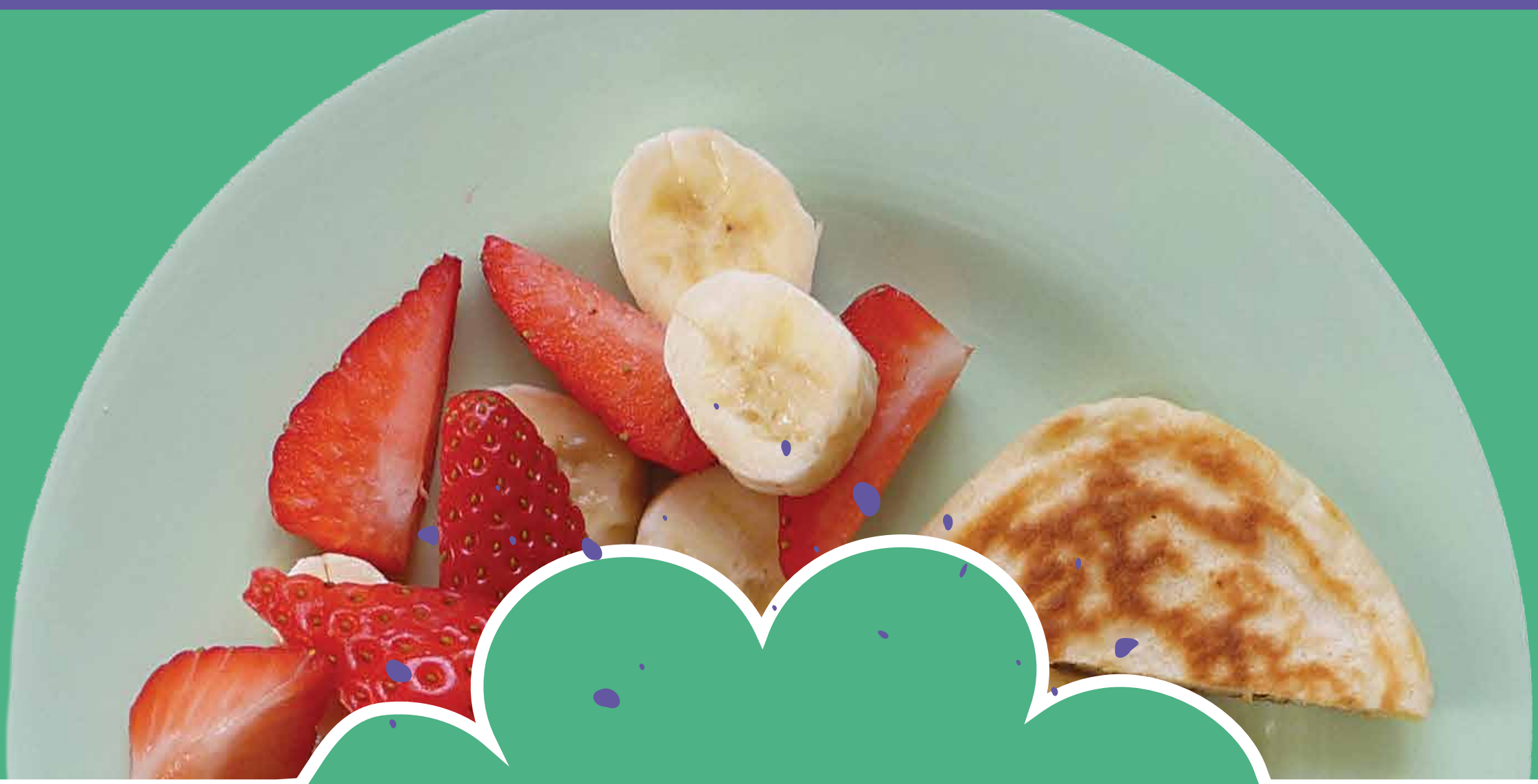
Vegetarian

Recipe makes
4 portions

This recipe is
for 1+ years

Try our #familyfood
recipes and share your
images and videos
with us.





Scotch pancakes with sliced banana and strawberries

What to do

1. To make the Scotch pancakes, put the flour in a bowl, make a well in the centre, add the egg and half the milk and beat to a thick batter. Stir in the remaining milk.
2. Lightly grease a large thick-bottomed frying pan, preferably non-stick, and gently heat the oil until a haze appears.
3. Spoon the mixture into the pan in tablespoons, keeping each spoonful separate. When bubbles rise to the surface, turn the pancakes over and cook on the other side for 30 seconds.
4. Serve the Scotch pancakes with the banana and strawberries.

Get creative with the kids and make funny faces with the fruit! Tag us on social.

For babies

Babies under 12 months don't need snacks between meals.

You can swap bananas and strawberries for other fruit you have at home. Remember you can use tinned fruit (in juice or rinse if you can only find tinned in syrup) or frozen fruit (thawed) too.

Use semi skimmed milk for over 2s. You can use skimmed or 1% for over 5s.

For adults, double the quantity of fruit per serving to get 1 of your 5 a day.