

fruity pancakes



Make a small bowl of pancake batter.
Follow the directions on your favorite pancake mix box.

1. Add a fruit:

Banana Pancakes - peel a banana and cut into thin slices. Dip banana slices in the pancake batter.

Strawberry Pancakes - Rinse strawberries. Stir together ½ cup tiny strawberry pieces and 1 cup pancake batter.

2. Spoon the batter into a non-stick frying pan.
Cook over medium heat.

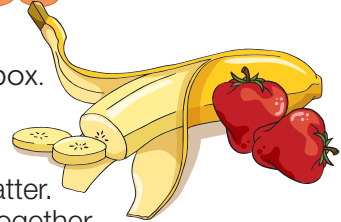
3. Flip pancakes and cook on both sides until lightly brown.

Finger foods are a fun way for your toddler to try new fruits and vegetables:



- banana slices
- mandarin oranges
- cooked winter squash
- fruity pancakes

Nutrition Matters™ - www.numatters.com
This tipsheet can be reproduced for educational purposes.



fruity pancakes



Make a small bowl of pancake batter.
Follow the directions on your favorite pancake mix box.

1. Add a fruit:

Banana Pancakes - peel a banana and cut into thin slices. Dip banana slices in the pancake batter.

Strawberry Pancakes - Rinse strawberries. Stir together ½ cup tiny strawberry pieces and 1 cup pancake batter.

2. Spoon the batter into a non-stick frying pan.
Cook over medium heat.

3. Flip pancakes and cook on both sides until lightly brown.

Finger foods are a fun way for your toddler to try new fruits and vegetables:



- banana slices
- mandarin oranges
- cooked winter squash
- fruity pancakes

Nutrition Matters™ - www.numatters.com
This tipsheet can be reproduced for educational purposes.

