

Balanced and easy recipes to make with your children



APPLE PANCAKES (18 PANCAKES)

INGREDIENTS



1 egg



10 g baking powder



26 g melted butter or coconut oil



3 medium apples, peeled, cored and grated



160 ml low-fat milk



2 g cinnamon



60 g whole wheat flour and 60g plain flour

METHOD



1 In a large bowl, **beat the egg and the milk.**

In a separate bowl, **mix the 2 types of flour and the baking powder and gradually stir in the egg and milk** until the mixture is smooth.



3 Heat half of the butter or coconut oil in a non-stick pan over medium heat. Add **the chopped apple and cinnamon**, reduce the heat, and **sauté** until soft, around **3 minutes.**

Mix the sautéed apples into the pancake batter.



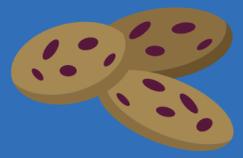
5 Brush butter or coconut oil in a non-stick pan over medium heat. Add **2-3 tablespoons of mixture**, **flip when bubbles appear** in the centre of the pancake and cook until golden brown.



READY TO EAT.

Adapted from: <https://www.healthier.qld.gov.au/food/recipes/apple-banana-hotcakes/>, <https://www.healthylittlefoodies.com/apple-pancakes/>

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RASPBERRY BANANA COOKIES (18 COOKIES)

INGREDIENTS



40 g sultanas / raisins



2 g cinnamon



2 ripe bananas



100 g frozen raspberries



95 g oats

METHOD



1 Preheat oven to 180°C.

Put the **sultanas** into a bowl and soak in **boiling water**.



2



3 In mixing bowl, **mash the bananas** to a puree consistency.

Add the **oats & cinnamon** and mix well. Add the **raspberries** and **stir** until the raspberries have broken down and are incorporated into the mixture.



4



5 Drain the sultanas and stir. Let the mix stand for about 5 minutes, until the oats are wet.

Form tablespoon sized **balls** and place on a greased baking tray.



6



7 Bake the cookies for 15 to 20 minutes.



READY TO EAT.