

## Quinoa and banana pancakes

This recipe is rich in fibre and vitamins, making it ideal for Baby-Led Weaning. It is a good way of getting little ones to learn how to interpret the textures of different foods.

### Ingredients

50 grams of pear

25 grams of banana

1 egg

10 level tablespoonfuls of Blevit Plus Cereals

60 grams of uncooked quinoa

1 spoonful of olive oil

### PREPARATION

1. Peel and dice the pear. Microwave it for approximately 1 minute until it is very soft.
2. Rinse the quinoa and then cook it following the instructions on the package. Drain.
3. Put the cooked pear and banana into a bowl and mash into a smooth mixture.
4. Add the egg, cinnamon, quinoa and Blevit Plus Cereals.
5. Warm the frying pan to a medium heat, pour the mixture in forming pancakes. Flip the pancakes and cook them on both sides.
6. Serve with the toppings of your choice.

\* This recipe can be made with different varieties of Blevit cereals.

### Cooking tip

The frying pan must be hot when the mixture is poured in, since otherwise it may be difficult to form the pancake.



### Nutritional value (per serving)

Energy value: 245.86 Kcal; Protein: 8.98 g; Carbohydrate: 30.60 g; Fat: 9.53 g