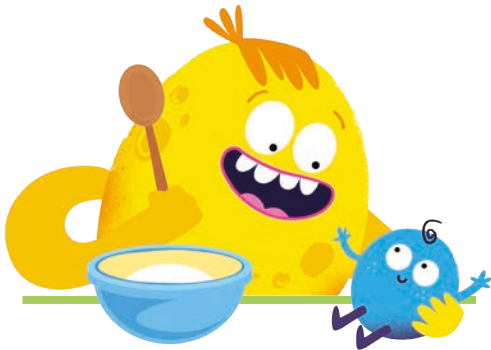




Serves: **makes 6 medium pancakes**

Preparation time: **10 minutes**

Cooking time: **20 minutes**



What you need

- 1 egg
- 120g (1 cup) self-raising flour
- 250ml (1 cup) milk
- 1 teaspoon vegetable oil
- 1 tin (400g) sliced peaches
- 4 tablespoons natural yoghurt

What to do

1. Place flour in a mixing bowl and make a well in the middle.
2. Crack the egg into the well and whisk in a little of the milk at a time, drawing in the flour to make a smooth batter.
3. Heat ½ teaspoon of oil in a large frying pan on a medium heat and spread over the pan.
4. Spoon in the mixture to cook either 1 or 2 pancakes at a time.
5. Cook the pancakes for 1 to 2 minutes, or until little bubbles appear on the surface and the bases are golden, then use a spatula to flip them over and cook for another minute.
6. When the pancakes are golden on both sides use a spatula to transfer them to a plate.
7. Continue to make pancakes until the batter is used up and add the remaining oil to the pan when it becomes too dry.
8. Drain the tinned peaches and either leave whole, mash or puree using a blender.
9. Serve pancakes with some tinned peaches and a tablespoon of natural yoghurt.



Changes for babies

- Cut the pancakes into strips your baby can eat as finger foods.
- Stir pureed or mashed peaches into the yoghurt or leave the peach slices whole for a finger food.

Changes for toddlers

- Try cutting the pancakes into different shapes and create faces or pictures by using different pieces of fruit.
- A quarter to half of a medium pancake will count as a snack for a toddler, leave it plain for a snack to take out and about.