

Fruit & Veg Pikelets

This great little recipe packs 4 different colours of fruit and vegetables. Green, Orange, White and Blue. They are a great way to get your children to eat vegetables and the sweetness of the fruit hides them well too. A perfect breakfast and a fun finger lunch box food.

Ingredients

- 2 cups of flour (I ground up oats and made oat flour)
 - 1 teaspoon baking powder plus 1/2 teaspoon baking soda
 - 1/2 teaspoon ground cinnamon
 - Pinch of Pink Himalayan Salt
 - 1 tablespoon raw sugar
 - 1 large banana (mashed)
 - 2 eggs
 - 1 teaspoon vanilla extract
 - 1/2 cup natural yoghurt
 - 1/4 cup grated zucchini*
 - 1/4 cup grated carrot*
 - 1-2 cups of milk
 - Frozen blueberries
 - Coconut oil or butter for cooking
- * squeeze out liquid before adding



Directions

1. Mix all dry ingredients up to the salt in a bowl
2. With your food processor, blender or Thermomix, mix the bananas, eggs, sugar, vanilla extract, yoghurt, zucchini and carrot together (don't add milk or blueberries here!)
3. Mix the dry ingredients into the wet ingredients
4. Stir in a cup of milk. Add more til you get the consistency you like
5. Heat your frying pan and melt some coconut oil. Swirl to coat the bottom of the pan
6. Place spoonfuls of the mixture into the pan - an ice cream scoop works well
7. After they start to stiffen a little on top, place 3 blueberries in each one. Use your egg slide to pat them down gently into the batter
8. Use your slide to lift and flip the pikelet over. If you are using a flour with gluten base, do this when bubbles form and pop. If you are using a gluten free flour, then it's best to gently lift the edge of one and see if it's cooked to your liking before flipping
9. Cook for about a minute on this side or until it's to your liking.