

# Green Smoothie Pancakes



This is a great recipe to get more greens into your child's breakfast or lunchbox. Simple and delicious. This recipe makes about 8 good sized pancakes or about 24 pikelets.

## How we'll use it this week

- Healthy Snack Option

## Ingredients

- 2 frozen bananas
- Small handful of strawberries (about 6-8. You can use frozen berries if you prefer)
- 1 large handful of baby spinach
- 1 egg
- 1 cup milk of your choice
- 1 overflowing cup of self raising flour (I used Organ Gluten Free SR Flour)
- 1 tablespoon rice malt syrup
- 1/4 - 1/2 cup of water (depending on how thick you like your pancakes)



*TIP: Make smaller pikelets for the lunchbox*

## Directions

1. Put it all in a food processor and blend like crazy until smooth and green!
2. Heat a pan over high heat, then turn down to medium
3. Melt a small amount of coconut oil and roll it around in the pan until it covers the pan
4. Use 1/4 cup of batter and put into pan - lift the pan a little to get the batter to spread out into a larger pancake
5. If your using normal SR flour, you will see bubbles appear and pop - this is when you turn it over. If using GF flour, most times it won't bubble but the outside edges will start to lift, turn then
6. Flatten down with spatula, cook for about 1 minute and then take out of pan
7. Repeat from step 4 (you shouldn't need to re-oil your pan).

## Freezing / Storing Instructions

Freeze but divide each pancake with a piece of parchment paper.

## Another 2 ways to use this recipe

- Change the fruit - drop out the berries and add orange or apple (note, banana has a strong taste and it's good for hiding other flavours)
- Up the protein content by adding LSA or almond meal or to make lunchbox safe, add chia seed.