



Gingerbread Pancakes

Rating: ★★★★★

Makes: 8
Prep: 5 mins
Cook: 10 mins

Dietary: VEG, NF
Allergens: Eggs, Dairy, Wheat
Age group: 12 months+
Mealtime: Breakfast
Difficulty level: Beginner

MindChamps®
early learning & preschool

Gingerbread Pancakes



Vegetarian



Nut Free

Ingredients

- 1 cup (130g) wholemeal spelt flour
- 1 tsp (4g) baking powder
- ½ tsp (2g) baking soda
- ¾ tsp (1.5g) ground cinnamon
- ¾ tsp (1.5g) ground ginger
- ¼ tsp (0.5g) all spice
- Pinch of sea salt
- 1 egg
- 2-3 tbsp (40-60ml) maple syrup
- 1 tsp (5ml) vanilla extract
- 1 cup (250ml) milk of choice
- 2 tbsp (40ml) coconut oil, for frying

Method

1. Place all dry ingredients into a medium-sized bowl and whisk to combine.
2. In a separate bowl, combine all wet ingredients and whisk until smooth.
3. Combine wet and dry mix and whisk to combine. Do not overmix the batter.
4. Place a large frying pan over medium heat and brush with oil.
5. Pour 1/3 cups of batter into the pan and cook for approximately 1-2 mins on each side or until bubbles begin to appear.
6. Repeat with the remaining batter. Serve warm.

Storing leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Mandy's serving suggestion: Serve pancakes with fresh seasonal fruit.

Tips

- ✓ **For a gluten-free version:** Swap wholemeal spelt flour with brown rice flour or a gluten-free flour blend.
- ✓ **For an dairy-free version:** Swap milk for a plant-based alternative such as coconut, oat, soy, or rice milk.
- ✓ **For an egg-free version:** Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).
- ✓ **Baby-friendly version:** Leave out maple syrup, add one mashed banana and serve mashed or in finger food-sized pieces.

Prep tips: To save prep time, cook larger pancakes and cut into smaller serves. Use cookie cutters to cut out Christmas shapes and use berries, choc chips and yoghurt to decorate.

Additional boosters: Add 1 tbsp of chia seeds to the batter before processing.