

Mrs Sparkles Pumpkin Pancakes



Instructions

- 1** Boil or roast pumpkin 'leftovers' until cooked (also works well with sweet potato or butternut squash) Now mash it up with a little butter if preferred
- 2** Make up an American pancake mix. You can use half for this recipe and half for blueberry pancakes in the morning (your little will love you for ever!)

135g/4¾oz plain flour
1 tsp baking powder
½ tsp salt (optional)
130ml/4½fl oz milk
1 large egg, lightly beaten

Sift the flour, baking powder, salt into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg, then whisk in the melted butter. Pour the milk mixture into the flour mixture and, using a fork, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.

- 3** Mix the batter and the pumpkin together, add some sweet corn
- 4** Heat a non stick pan (you can add a little oil if you like to!)
- 5** Dollop about a table spoon in the pan for each pancake. Flip when done.
- 6** Take out, blow on them first for your little one then have a nibble and serve.

This makes loads! You can freeze them in baking paper and then cook in oven for 15 mins from frozen when you need them. Ethan sparkly pants (my little boy) usually has two with some peas (of course, he has peas with everything!) as a portion

