



UNIVERSITY OF GEORGIA
EXTENSION

PEANUT BUTTER BABY PANGAKES

Sourced from National Peanut Board

TOTAL TIME: 25 MINUTES
SERVINGS: 15
SERVING SIZE: 1 PANCAKE

Suggested Age: 7+ months



NUTRITION FACTS

40 Calories

Total Fat: 1g

Carbohydrates: 4g

Protein: 3g

Sodium: 15mg

Cholesterol: 25mg

INGREDIENTS

1/2 cup whole milk Greek yogurt

1/4 cup milk

2 large eggs

1 teaspoon vanilla extract

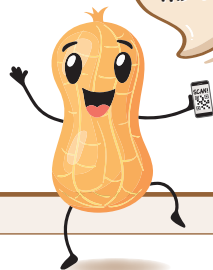
1 teaspoon baking powder

1/4 cup peanut powder

1/2 cup whole wheat flour

DIRECTIONS

1. In a blender, add yogurt and milk and blend until smooth.
2. Add eggs, vanilla, maple syrup, and baking powder to blender and pulse just until mixed.
3. Add peanut powder and flour to blender and blend until fully incorporated, taking care not to overmix batter.
4. Heat non-stick pan over medium-low heat; coat with butter or coconut oil.
5. When butter starts to bubble, pour batter into pan. Flip when surface of pancake starts to form bubbles; cook until both sides are golden; remove from heat.



SCAN QR CODE FOR
THE ONLINE RECIPE!



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RECIPE TIPS

If you're looking for a quick and easy breakfast, try freezing your pancakes! First, stack them with wax paper in between each one. Then, store them in a container that's safe for the freezer.



When making this recipe, using a $\frac{1}{4}$ cup dry measuring cup to pour the batter will give you the perfect size!

NUTRITION TALK

Whole wheat flour is a good source of protein, fiber, and a variety of vitamins and minerals like riboflavin and folate.

To reduce the amount of sugar given to children, you don't need to add any syrup to these baby pancakes. Instead, try thinning out smooth peanut butter with some water or milk and pour that over the pancakes. This will make them even more delicious without adding unnecessary sugar!



EARLY INTRODUCTION GUIDELINES

Start introducing allergenic foods early to reduce allergy risk! Waiting won't prevent food allergies!

Like learning to read, *early and often is best!*

WHEN? **Most Babies?**

Introduce peanut-containing foods alongside other foods around 6 months and before 12 months.

High-Risk Babies? (Has severe eczema, egg allergy, or both)

Introduce peanut-containing foods alongside other foods between 4 and 6 months.

HOW? **How Much?**

2 teaspoons

How Often?

3 times per week

