Oat Pancakes with Corn

Soft, fluffy oat pancakes with sweetcorn. Dairy-free, egg-free and toddler-approved for little hands!



MAKES
12 PANCAKES
(6 toddler portions)

PREP TIME
10 minutes

COOKING TIME
15–20 minutes

FREEZER FRIENDLY
Yes
(up to 2 months)

Ingredients



120 g rolled oats
(blended to a fine flour)



1 × 400 g tin sweetcorn
(± 240 g drained)



250 ml water
(or unsweetened plant milk)



60 g oat flour
(approximately ½ cup, plus extra if needed)



1 tbsp olive oil
(plus a little for cooking)



1 tsp dried mixed herbs
(e.g. parsley, oregano)



Salt to taste
(optional)

Method

1. Blend the rolled oats in a blender or food processor until a fine flour forms.
2. Drain the sweetcorn and roughly chop a little (leave some whole for texture).
3. In a large bowl, combine the oat flour, oats, water, olive oil, herbs and a pinch of salt. Mix to a thick, spoonable batter.
4. Stir in the chopped sweetcorn.
5. Heat a little olive oil in a non-stick pan over medium heat.
6. Spoon small rounds of batter into the pan (about 2–3 tbsp per pancake).
7. Cook for 2–3 minutes until bubbles form and the edges look set, then flip and cook for another 2–3 minutes until golden.
8. Cool and portion: 2 pancakes per child (± 150 ml) + 100 ml corn.

Portion guide
(per child)

2 oat pancakes
+
100 ml corn
(± 250 ml total)

