Soft wholemeal pikelets with apple and banana

NZB-0497 · Fruit breakfasts · Warm · 10 children

INGREDIENTS

wholemeal flour · 250 g

pasteurised milk · 340 mL

eggs · 2 each

baking powder · 8 g

canola oil · 12 mL

apple · 175 g

banana · 175 g

Prepared produce weights are edible weights. Adjust portions and textures for the individual child.



Illustrative family serving; produce varies by recipe.

PREPARATION

1. Peel and core apple, dice, then simmer in a little water until spoon-soft.
2. Peel and mash ripe banana just before incorporating.
3. Whisk flour, baking powder, milk and eggs to a smooth batter. Use oil on the pan and cook 20 small pikelets on both sides until the centres are set. Serve two tender pikelets per starter portion with soft fruit.
4. Divide the finished batch into 10 starting portions. Adjust texture and portion for the individual child.

SERVING TEXTURE

Serve soft, manageable pieces or a moist mash. Seat and supervise children while eating. Use each child's feeding plan where applicable.

ALLERGEN CHECK

Milk, egg, wheat (gluten). Verify product labels, substitutions, individual plans and cross-contact controls.

SHARED INGREDIENTS

pasteurised milk, eggs, canola oil, apple, banana

Approx. preparation 15–20 min + an extra 10-minute serving allowance. Cooking time varies. Estimates are not kitchen-tested.

Provisional batch for 10 children aged 3–5. Recipe review copy. Check individual allergy, nutrition, feeding and food safety plans. Cost estimate pending verification.