



# Enfagrow Pancakes

A nutritious twist on a toddler breakfast classic.

## Ingredients:

- 4 scoops of Enfagrow Premium Gentlease Toddler Nutritional Drink Milk or Vanilla Powder.
- 3/4 cup whole wheat flour.
- 1/2 tablespoon baking powder.
- 1 egg, slightly beaten.
- 1-1/2 tablespoons vegetable oil.
- 3/4 cup water.
- 1 tablespoon vegetable oil.
- 5 large diced strawberries.

MyPlate serving equivalent: 1.5oz of grains.

## Directions:

In a large bowl, mix the flour & baking powder. Beat in the Enfagrow, egg, 1-1/2 tablespoons of oil & water with a whisk or electric mixer, beating until smooth. Chill for 20 minutes. Heat 1 tablespoon of vegetable oil in a frying pan over low heat. Pour in 1/4 cup of the batter. Drop 5 large diced strawberries in the batter while cooking. When the edges begin to brown, & the top is covered with bubbles, flip the pancake over. Repeat with the remaining batter. Cooking method can modify the nutrient delivery of the powder.