

#17

Infant Cereal Pancakes (For infants 8 mo. & older)

1 large egg white
1 cup IFIF (or whole milk if over 1 yr. old)
2 Tbsp. oil
1 tsp. soda
 $\frac{3}{4}$ cup rice or oatmeal iron-fortified infant cereal (IFIC)
 $\frac{1}{4}$ cup flour
1 Tbsp. sugar
1 tsp. baking powder
Pinch of salt

Beat egg white & oil. (May use the whole egg if there is no history of allergies in the infant's family.) Mix in remaining ingredients. Pour batter onto hot griddle. Turn as soon as pancakes are puffed and full of bubbles. Cook on other side until golden brown. Yield: 6 (4") pancakes each containing 2 Tbsp. IFIC.

Credit as: IFIC or meat/meat alternate serving for 8+ month old infants. Record on the Infant Menu Record as: IFIC pancakes.