

Iron-Rich Baby Cereal Mini Pancakes



Discover our clever recipe for mini pancakes made with baby cereal—a versatile, tasty, and nutritious option that’s sure to please both little ones and adults. Easy to prepare, they’ll quickly become a household staple.

*Each serving (1/6 of the recipe) provides **7 mg of iron** (without toppings). You can adjust portion sizes based on your needs.*

Preparation 15 min

Cooking 10 min

Servings 20 mini-pancakes

Nutrition Facts (per serving)

Calories 50

Fat 2

Carbohydrates 8

Fibre 1

Protein 2

Sodium 35

Ingredients

- 1 egg
- 375–500 ml (1 ½–2 cups) cow’s milk, breast milk, or infant formula (depending on desired texture)
- 250 ml (1 cup) whole wheat flour

- 5 ml (1 tsp) baking powder
- Canola oil* (for cooking)

Preparation

1. In a bowl, beat the egg, then gradually add the milk.
2. In another bowl, mix the flour, baby cereal, and baking powder.
3. Gradually add the dry ingredients to the liquid mixture, whisking until smooth.
4. Let the batter rest for 10 minutes.
5. Heat a non-stick skillet over medium heat and add a drizzle of canola oil.
6. Drop small spoonfuls of batter into the pan, forming 2.5 cm (1 in) circles.
7. When bubbles form and the edges are cooked, flip the pancakes.
8. Cook for another 1–2 minutes, or until golden brown.

Tip: You want a soft texture, not too crispy, so the pancakes are easy for babies to chew.

Topping Ideas

- Unsweetened fruit purée
- Fresh fruit (adjust size based on your child's developmental stage)
- [Homemade cretons](#)
- Mashed banana
- Hummus
- Avocado

Notes

Freeze flat on a parchment-lined tray, separating pancakes with parchment paper. Once frozen, transfer to an airtight container or freezer bag. To defrost, heat in the microwave for about 15 seconds.

*For cooking pancakes or crêpes, canola or vegetable oil is ideal as these oils withstand heat better, reducing the risk of the last pancakes turning too dark.



Sophie Idris – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal