



Serves	4-6
Prep (min)	15
Cook (min)	10-15

## MONSTER PANCAKE FACE!

Children will love using their imagination creating scary faces, while you make a happy face knowing their baddie is full of good stuff. **Remember** to always check every product label for allergens.

### PLEASE ALWAYS CHECK EVERY LABEL

Product ingredients and manufacturing processes change frequently. Always check the label when buying pre-packaged foods.

### Ingredients

#### Spinach pancakes

- 100g spinach leaves
- 170g Doves Farm gluten-free plain white flour
- 1 tsp baking powder (GF)
- 2 tbsp sunflower oil (plus, little extra for frying)
- 400ml rice milk
- 1 garlic clove, crushed (optional)

#### Toppings to make your face

- 3 tbsp tomato purée
- 4 Slices of pre-packed ham (DF) (for the face)
- 1 tin of sweetcorn (for the teeth)
- 1 tomato sliced (for the eyes)

### Free from

- Dairy (DF)
- Egg (EF)
- Gluten (GF)
- Nuts (NF)
- Peanut (PF)
- Soya (SF)
- Sesame (SeF)
- Shellfish (ShF)
- Fish (FF)

### Method

1. First, blitz the spinach leaves in a blender for a minute or so. Then sift the flour and baking powder together in a large bowl.
2. Add your rice milk, sunflower oil, garlic and blitzed spinach and whisk together to make a smooth batter. Season with a pinch of salt & pepper if you wish.
3. Heat a non-stick frying pan over a medium heat and drizzle in some oil. Pour some batter into the pan and cook your pancake for 1-2 minutes on each side until golden (and obviously still green!) Remove from the pan and set aside until needed. Repeat cooking process until your batter mixture has finished.
4. Now your child can start constructing their monster face! Place a pancake on a plate and let your child spread a little tomato purée over the base. Top with a slice of ham for the face and toppings of their choice to make the eyes and teeth!

**Tip:** If you have cooked pancakes left over (without toppings on) they freeze really well for up to a month.

### IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

© Allergy Adventures Ltd 2013. All rights reserved. [allergyadventures.com](http://allergyadventures.com)



A world of serious fun