

# SPINACH PANCAKES RECIPE

## Cooking Times and Servings

- **Prep Time:** 10 minutes
  - **Cook Time:** 10 minutes
  - **Total Time:** 20 minutes
  - **Servings:** 4 (about 10–12 mini pancakes)
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## Ingredients

- 2 packed cups **fresh baby spinach** (about 2 oz / 60 g)
- 3/4 cup **milk**
- 1 **large egg**
- 1 cup **all-purpose flour** (plus 2 Tbsp, if needed for thickness)
- 2 Tbsp **Parmigiano Reggiano**, finely grated
- 1/2 tsp **baking powder** (optional — you can skip it)
- 1/4 tsp **salt**
- 1–2 tsp **olive oil or butter** for the pan

## Optional kid-friendly add-ins

- 1/4 tsp garlic powder (very mild)
  - A pinch of black pepper (for older kids)
  - 2–3 Tbsp shredded mozzarella for extra “pull”
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## Instructions

1. **Blend the greens:** Add spinach and milk to a blender. Blend until completely smooth and bright green.
  2. **Make the batter:** Add egg, flour, Parmigiano Reggiano, salt, and (optional) baking powder. Blend or whisk until smooth.
    - Batter should be like thick pancake batter. If it looks too thin, whisk in **1–2 Tbsp flour**.
  3. **Cook:** Heat a nonstick skillet on medium-low. Lightly grease with olive oil or butter.
  4. **Spoon & flip:** Drop batter by tablespoons for **mini pancakes** (best for kids). Cook 1–2 minutes until set, flip, cook 1 minute more.
  5. **Serve warm:** Stack them up and serve with dips/toppings below.
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## Tips and Tricks (So Kids Say Yes)

- **Go mini:** small pancakes = less intimidation and more “snack” vibes.
  - **No baking powder? No problem:** they’ll be slightly less fluffy, still soft and tasty.
  - **Make it “pizza-style”:** add a little mozzarella on top right after pouring the batter, then flip.
  - **Best dips for picky eaters:** ketchup, plain Greek yogurt, ranch, or cream cheese.
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## FAQ

### Can I use frozen spinach?

Yes. Thaw and **squeeze very dry**. Use about **1/2 cup thawed, well-drained** spinach.

### Can I make these ahead?

Absolutely. Store in the fridge up to **2 days**. Reheat in a skillet 30–60 seconds per side.

### Can I freeze spinach pancakes?

Yes. Freeze in a single layer, then bag. Reheat from frozen in a skillet or toaster oven.

### My batter is too thick / too thin—what do I do?

- Too thick: add **1–2 Tbsp milk**.
- Too thin: add **1–2 Tbsp flour**.

### What should I serve with them for dinner?

Try: scrambled eggs, turkey slices, cherry tomatoes, or a simple soup. For toddlers: serve with yogurt dip and fruit.