

Lentil Spinach Pancakes



A great finger food for kids and babies; made with only lentils, spinach and spices.

Course Snack / finger food

Cuisine Asian Influenced

Keyword Lentil Pancakes

Prep Time 5 minutes

Cook Time 10 minutes

Soaking Time 12 hours

Total Time 12 hours 15 minutes

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Ingredients

- 1 cup split red lentils (soaked overnight)
- 2 cloves garlic
- 1/4 tsp ground cumin
- 1/2 tsp smoked paprika
- pinch turmeric
- 1/3 cup water
- 2 handfuls of baby spinach leaves (finely chopped into ribbons)
- 1/2 tbsp oil for frying

Instructions

1. Blitz all the ingredients (apart from the spinach & oil) in a high speed blender until you achieve a smooth batter. Add a little more water if needed.
2. Mix the spinach through the batter.
3. Heat the oil in a frying pan over a high heat. Reduce the heat to medium and fry tablespoons of the batter for approx 2 mins each side
4. Serve and enjoy!