



# SWEETCORN CHEESE FRITTERS

A moreish, healthy lunchtime treat. Suitable for both lunchboxes and to eat at home, this delicious meal will ensure your little one will be fully energised for any adventure.



## Preparation time

20 mins

## Servings

12 fritters

## Equipment

Frying pan

Food processor

## Ingredients

- 1 small can of sweetcorn, drained
- Small handful of baby spinach leaf
- 100 g grated cheddar cheese
- 1 spring onion
- 50 g plain flour
- ½ tbsp of baking powder
- 1 egg
- 50 ml milk
- 1 tbsp of oil for frying

## Instructions

1. Add all the ingredients (except oil) into food processor and pulse until fairly smooth.
2. Heat a little oil in a frying pan until hot and place couple of spoonful of mixture onto the pan leaving space between them.
3. Fry for just under 1 min on each side until lightly golden.
4. Best served warm.

## Tips

When you flip the fritter, flatten with a spatula to ensure even cooking the whole way through.

You can freeze any fritters you don't need. Lay them on a baking sheet, then once frozen, transfer to a freezer bag. To reheat, pop the frozen fritters in the oven (180C/160fan/gas 4) for around 10 mins.

Dairy alternatives/Lactose-free option can be used to replace milk.

Gluten-free flour can be used to substitute self-raising flour.



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