

## **Banana Pancakes**

### **Ingredients**

1 banana  
2 eggs  
¼ cup rolled oats  
Sprinkle of cinnamon

### **Optional additions:**

¼ tsp vanilla essence  
¼ cup mixed nuts/seeds  
¼ cup desiccated coconut

### **Suggestions to serve:**

½ cup fruit e.g. mixed berries, or chopped seasonal fresh fruit  
½ cup yoghurt



### **Method:**

1. In a small bowl, mash the banana, add eggs and mix together. Add rolled oats, cinnamon and (if desired) other optional ingredients. Mix together.
2. Pour a portion\* of batter into small fry. Flip when bottom of pancake stops sticking to pan. Cook on remaining side. Remove from pan and add remaining mixture. Repeat step 2 to cook remaining pancakes.
3. Serve with fruit and yoghurt of your choice. Enjoy 😊

\*\* Portion for pancakes is personal preference. Based on the quantities above, adding half of this batter to the pan on each pour makes 2 large pancakes, or using ¼ of the batter for each pancake makes 4 smaller pancakes.