

Banana Pancakes

Ingredients

1 banana
2 eggs
¼ cup rolled oats (or quick oats for smoother texture)
¼ cup milk
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
Dollop of yoghurt on top

Method:

1. In a small bowl, mash the banana, add eggs and milk and whisk together (with a fork or whisk). 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.
- OR alternatively, you can also cook pancakes in a microwave safe container or bowl in the microwave. Cook on high for approx. 2-2 ½ mins for the above quantities.
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.

Special Diet Requirements:

You can leave out the rolled oats for a lower carb (and/or gluten free) alternative, just be sure to reduce the milk quantity as well, so the pancakes aren't too runny when cooking.

