



Banana Pancakes

Ingredients

- 4 bananas
- 100g of sugar
- 500ml of milk*
- 3 eggs
- 250g of wholemeal flour*
- 2 tbsp of butter
- 1 tsp of baking powder
- 2 bananas, sliced (optional)

Method

- Mash bananas into a soft puree and set aside.
- Whisk the eggs and milk till well combined.
- Fold in flour, baking powder and sugar till batter is smooth. Add banana puree to the mixture.
- Lightly grease a frying pan with some butter.
- On a low flame, pour the batter into the lightly heated frying pan and pan-fry until pancakes are lightly browned.
- Flip the pancakes and cook both sides.
- Lay sliced bananas on pancakes (optional) and serve immediately.

Tip:

- Instead of pairing it with high-sugar spreads like honey and jams, try eating the pancakes with fresh fruits such as bananas and strawberries.



*Choose products with the Healthier Choice Symbol.