

Banana pancakes

Makes 6

Ingredients

- 1 small banana
- 1 egg
- ½ cup wholemeal self raising flour
- Olive oil spray
- Greek yoghurt and maple syrup, to serve (optional)



1 Mash

Place the banana in a mixing bowl and mash with a fork.



2 Mix

Crack the egg into the mixing bowl. Mix until well combined.



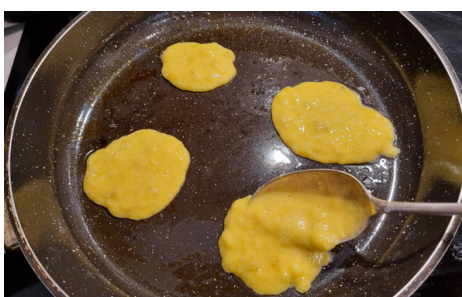
3 Stir

Add the wholemeal self raising flour to the mixture and stir through.



4 Heat

Heat a frying pan and lightly spray with olive oil.



5 Cook

Place spoonfuls of the batter on the pre-heated frying pan. Cook until bubbles appear on the surface.



6 Serve

Carefully flip the pancakes and cook for a further minute until browned. Serve with a dollop of Greek yoghurt and maple syrup.

Banana pancakes

Ingredients



1 small banana



1 egg



½ cup wholemeal
self raising flour



Olive oil spray



Maple syrup,
to serve



Greek yoghurt,
to serve

Equipment



Mixing bowl



Fork



Spoon



Spatula



Frying pan



Spoon



Measuring cups