



## Banana Pancakes (Serves 4)

These pancakes feel like an indulgence but are a healthy breakfast choice. They are so simple to make requiring only 2 ingredients and taste just as good plain as they do topped with fruit and yogurt. This recipe is great if you have been struggling to get flour.

### Ingredients

**For the Pancakes:**

- 3 ripe bananas
- 6 eggs
- 1 kcal vegetable oil spray

**Topping:**

- 4 tbsp low fat yogurt
- 150g frozen berries

### Method

1. Mix banana and eggs with a blender to get a batter like mix
2. Alternatively, in a bowl, beat eggs and mash bananas into eggs and mix well, until no banana lumps in mixture
3. Heat pan on a low heat and spray with 1kcal oil
4. Add ladle of batter to pan, wait until top starts to bubble then flip over and cook on other side. Cook until both sides are golden brown
5. Repeat until all the batter is used up
6. Divide pancakes onto four plates. Top with 1 tbsp yogurt and ¼ of the fruit

### Nutrition

Incorporating fruit and vegetables into breakfast will make it easier to achieve your '5 a day'. Eggs are great for a filling breakfast choice. Although eggs contain cholesterol, the amount of saturated fat we eat has more of an effect on the amount of cholesterol in our blood. To know if a product is low in saturated fat it should be below 1.5g per 100g.

**Nutrition per portion - 255g**

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
238kcal	11.7g	3.3g	23.5g	0.5g	18.1g	25.5g	1.7g
14%	17%	17%	26%	9%	36%	10%	-

% of an adult's reference intake

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