

Banana Pancakes

Ingredients

- 1 ripe banana
- 1 egg
- 2 tbsp wholemeal self-raising flour
- [optional] 1 tsp cacao (or cocoa) powder

Method

1. Mash banana in a medium bowl until smooth. Whisk in egg, then flour until smooth. Set aside for 5 minutes.
2. Lightly spray a medium non-stick frying pan with oil and heat over medium heat. Spoon 2 tablespoons batter into pan and spread out with the back of a spoon until 1cm thick. Repeat with remaining batter to make 2 more pancakes.
3. Cook for 1–2 minutes or until golden. Turn and cook for 1–2 minutes or until pancakes are golden and cooked through. Serve.

Tips

- Try mixing in a teaspoon of cacao when adding the flour for a chocolatey variation

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