

Banana Pancakes

Ingredients

- 1 ripe banana
- 1 egg
- 2 tbsp wholemeal self-raising flour

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.

breakfast

fast

fried

simple

stovetop

vegetarian