



Banana Pancakes

Ingredients

Batter

- 175 g whole-wheat flour or wholemeal flour
- 1/2 tsp baking powder
- 50g sugar
- 250 ml low-fat milk
- 1 egg
- 2bananas, mashed well or blended
- Pinch of salt (Optional)
- Soft margarine (Optional)

Food art

- Handful of walnuts
- 2 bananas, sliced
- 2 raisins
- 2 slices of strawberry

Nutritional Information

Energy

Cost of Total Servings

Cost Per Serving

16 mini pancakes

●●●●●●●●●●●●●●●●

1520 kcal

\$3.40

\$0.20

1 mini pancake

●

95 kcal

Method

- Mix the flour, baking powder, sugar, low-fat milk and egg evenly. Add banana puree to the mixture and combine well.
- Heat soft margarine in a non-stick frying pan. Pour in a ladle of the batter and cook until golden brown on both sides.

Assembly

- Stack 8 pancakes one over the other.
- Place 2 banana slices on the top (eyes). Then stick one vertically cut banana slice in between the 2nd and 3rd pancake (tongue). Decorate the face with strawberries and toasted walnuts.

*TIP: use really ripen bananas

