



## Banana pancakes

**Pancakes with a tasty twist for a café-style breakfast that will help fuel your body and brain. Plus a great way to use up over-ripe bananas.**



Time to prepare: 10 minutes



Time to cook: 15 minutes



Serves 6

### Ingredients

- 6 ripe bananas, mashed
- 2 eggs
- 1 teaspoon vanilla essence

- 2 cups self-raising flour
- 1 cup low-fat milk

## Method

1. Beat together the mashed bananas, eggs, and vanilla essence. Mix until smooth.
2. Mix in self-raising flour, then slowly add the milk.
3. Mix to a smooth batter.
4. Heat a non-stick frying pan. Spray with a little cooking oil.
5. Spoon about 1/3 cup of the pancake mixture into the pan. Swirl mixture around pan to make a pancake. Cook pancakes one at a time.
6. Cook pancakes for about 2 minutes on each side or until golden brown.
7. Serve with canned or fresh fruit, yoghurt and a little runny honey.

Notes

You might also like...



## Brunch magic

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[\(/eat/articles/brunch-magic\)](/eat/articles/brunch-magic)



## Curried vegetable fritters

**Tasty and filling, these fritters make a quick and easy lunch or on-the-go breakfast. Make a batch in the weekend and freeze for during the week.**

[\(/eat/recipes/curried-vegetable-fritters\)](/eat/recipes/curried-vegetable-fritters)





## Nice and spicy eggs [\\_ \(https://hpa.org.nz\)](https://hpa.org.nz)

Want to try eggs a different way? Poached eggs in a spicy tomato sauce is a popular dish across North Africa and the Middle East.

[\(/eat/recipes/nice-and-spicy-eggs\)](/eat/recipes/nice-and-spicy-eggs)