



BANANA PANCAKES

Smelling these tasty pancakes in the morning will get even the most stubborn sleepyhead out of bed without being told twice.



Preparation time

20 mins

Servings

3-4 servings

Equipment

Frying pan

Mixing bowl

Ingredients

350 g self-raising flour

1 tsp baking powder

2 ripe bananas

2 eggs

250 ml whole milk

1 tsp vanilla extract

Vegetable oil

Instructions

1. Mash the bananas with a fork – don't worry if there are a couple of lumps!
2. Add the flour, baking powder, salt, eggs and milk into a bowl and mix until smooth.
3. Add the mashed bananas and vanilla extract and mix again.
4. Add a small amount of vegetable oil to your frying pan and place on a medium heat.
5. Use a ladle or big spoon to pop the batter into the pan to cook.
6. When small bubbles start to appear on the tops of the batter flip them over to cook the other side.
7. Serve with honey and berries.

Tips

This is a great way to use up bananas that have over-ripened.

Dairy alternatives/Lactose free options can be used to replace milk.

Gluten free flour can be used to substitute self-raising flour.

According to the NHS parents should not give children under 1 honey, so please exclude honey when serving for children under 12 months.



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