



# BANANA PANCAKES

SERVES: 2

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TOTAL TIME: 15 MINUTES

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## INGREDIENTS

- 1 large **ripe banana**, peeled and chopped
- 2 medium **eggs**
- ¼ teaspoon **baking powder**
- ¼ teaspoon **ground cinnamon** (optional)
- Spray oil**

## INSTRUCTIONS

Mash the banana in a mixing bowl with a fork until a smooth paste forms.

Crack the eggs into the same bowl and whisk with a fork to form a batter, before adding the baking powder and cinnamon and mixing thoroughly.

Coat a large, non stick frying pan with spray oil, and heat over a medium-high heat. Add a tablespoon of the batter per pancake to the pan, keeping them spaced apart. Cook for 2–3 minutes, until golden brown on the bottom, then flip over and cook for a further 2–3 minutes, until cooked through.

Repeat with the remaining batter – you should have enough to make around 10 pancakes.

### MACROS PER PORTION

CALORIES	136	PROTEIN	9
CARBS	12	FATS	6
FIBRE	1		