



BANANA AND BLUEBERRY PANCAKES – SERVES 3



A great recipe that all the family will enjoy. Serve for breakfast, as a dessert or a healthier alternative sweet treat.

INGREDIENTS

- 1 cup self-raising flour
- 1 cup of milk
- 1 medium free-range egg

Topping

- 50g blueberries
- 1 small banana
- Drizzle honey (optional)

ALLERGENS

Contains gluten, eggs and dairy

DIETARY COMPONENTS

Like many fruits, blueberries are a rich source of vitamins and antioxidants, which protect our bodies from disease. Bananas are a rich source of Potassium, important for a healthy heart.

EQUIPMENT

- Measuring cups
- Mixing bowl
- Fork
- Small dish
- Whisk
- Knife
- Ladle
- Fish slice
- Chopping board
- Whisk
- Spatula
- Griddle/Frying pan

METHOD

1. Measure the flour into the mixing bowl.
2. In a separate bowl crack the egg and beat with a fork.
3. Make a well in the flour then carefully add the egg and milk into the centre.
4. Gradually combine the ingredients together using a whisk. This avoids lumps forming in the batter.
5. Place the batter to one side and allow it to rest for 5 minutes.
6. Heat the frying pan/griddle on a high heat. Once hot, measure half a ladle of batter into the pan to create small, individual pancakes. Allow 1-2 minutes cooking time on each side turning with the fish slice.
7. Place onto the serving plate and top with slices of banana blueberries and a small drizzle of honey