



Banana Pancakes

Ingredients

- 2 mashed bananas
- 4 eggs
- ½ tsp. vanilla essence
- ½ tsp. cinnamon

Toppings

- Berries
- Lemon juice
- Stevia

Directions

1. Mash your banana with a fork. In another bowl whisk the eggs. Mix the eggs and banana together, add ½ tsp of vanilla essence and the cinnamon if desired.
2. Spray a pan with low calorie cooking spray on a low-medium heat. Add a two euro sized amount of batter to the pan, let it set for 30 seconds or until the centre bubbles and then flip it.

Top Tip: Banana pancakes can be awkward to flip and can quite often end up looking like a scrambled mess. If you would like to make one larger pan sized pancake pour one quarter of the mixture into the pan on a very low heat. Cook for 2-3mins and/ or when it starts to bubble on top take the pan off the hob and finish it off under the grill for 1 minute on a low heat. Your pancake should slide off the pan and onto your plate. Enjoy these pancakes on their own or with some fresh berries.