

Banana Pancakes



It's true, the WORLD loves pancakes. No more so than on Tuesday before lent, commonly referred to as Shrove Tuesday or Pancake Tuesday here in Australia. This is not your traditional pancake recipe, but instead a recipe that is high in fibre, protein, vitamins and minerals.

Ingredients

200 g ripe banana

2 large eggs

1/2 tsp baking powder

1/2 cup quick rolled oats

Method:

1. Preheat a medium non-stick frying pan over a medium heat.
2. In a blender, blend together all the ingredients until nice and smooth.
3. Pour 2 x ¼ cup mixture into the pan, forming small pancake circles.
4. After two minutes or when just golden, flip.
5. Cook for another 2 minutes or until done.

6. Set aside on a plate and repeat with the remaining pancake batter.
7. Serve with your favourite toppings.