

Recipe

Banana Pancakes



Nutritional & Serving Information

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|------------------------|----------------|------------------|--------|
| Recipe Good For? | Healthy Eating | Serves | 2 |
| Time to Prep | 15 Mins | Time to Cook | 5 Mins |
| Calories (per serving) | 303 | Carbohydrate (g) | 51.6 |
| Fibre (g) | 6.3 | Fat (g) | 9.3 |
| Protein (g) | 9.7 | Sugars (g) | 37.1 |

Ingredients

| | | |
|-------------------------|---------------------|---------|
| 1 Banana | 2 Large Eggs | 2 Plums |
| 60g Red Seedless Grapes | 100g Blueberries | 2 Kiwis |
| 25g Sliced Almonds | 1 tbsp coconut oil* | |

Cooking Method

Mash the banana into a small bowl and mix in the eggs (like an omlete)

Heat the coconut oil in a frying pan and add the pancake mix, cook each side for 2-3mins

Peel / cut the fruit and pile on top along with the sliced nuts

Tips

Use any fruit you have in the house, these will go with anything!

If you have seeds/nuts in the house again they are interchangeable, use what you have / like

Unless you have a huge frying pan, cooking the pancakes in batches will make it easier

Add protein powder to your mix for a pre/post workout

If you have a really sweet tooth, try adding a sweet fruit like pineapple rather than sugar

Do present your food on a plate, even if you're only cooking for yourself; your brain sees a meal as more substantial if it looks appetising.

* we recommend Bioglan Organic Coconut oil