



# BANANA PANCAKES

*An alternative for Shrove Tuesday - a thick and fluffy recipe that is also gluten-free and dairy-free.*

*Serves 4*

## INGREDIENTS

- 4 bananas, 3 mashed, 1 sliced to serve
- 6 medium eggs, beaten
- 1 tsp vanilla extract\*
- 1/2 tsp baking powder\*
- Large pinch ground cinnamon\*
- Large pinch ground nutmeg\*
- 1/2 tsp vegetable oil
- Squeeze of pure blossom honey

### Alternative toppings suggestions:

- Blueberries and yoghurt
- Chocolate chips/ sauce
- Lemon and sugar
- Raspberries and cream

\*from your own cupboard/ cannot be purchased in our grocery shop

## PREP TIME

- Prep | 10 m
- Cook | 5 m
- Ready in | 15 m

## METHOD

01

Mix the mashed bananas, beaten eggs, vanilla, baking powder, cinnamon and nutmeg in a medium sized bowl until combined into a smooth paste.

02

Heat the oil in a large non-stick frying pan over a medium heat then spoon 2 tbsps of the batter into the pan for each pancake. You will need to do this in batches, adding more oil if required, depending on the size of your frying pan.

03

Cook until the edges are set and the bottom starts to turn golden - this should take 1-2 minutes. Carefully flip the pancake over and cook for a further minute until both sides are golden.

04

Repeat with the remaining batter and serve with a drizzle of honey and the sliced banana, or any of your favourite toppings!