

# Quick Banana Pancakes

Pancakes make a great weekend breakfast treat which is nutritious and balanced. They are great for gut health as bananas and blueberries are prebiotic foods (they feed your gut bacteria) and topping with live yoghurt adds beneficial bacteria.

## Ingredients

- 1 well mashed banana
- 2 free range eggs (beaten)
- 1 tsp coconut oil

## Method

- \*In a bowl, mash a banana until it is at a smooth consistency.
- \*Add the beaten egg and mix well.
- \*In a small/medium non stick pan, heat some of the coconut oil. When it is hot pour in some of the pancake batter.
- \*Cook for a few minutes on that side until it browns, then flip it over with a spatula, cooking the other side until it has browned to your liking.
- \*Repeat until all the batter is used up.
- \*Serve immediately with the toppings of your choice.

## Recipe notes:

It is better to make 2-3 smaller pancakes than one large one as big ones are difficult to flip in one piece.

For berry compote: slowly heat some berries in a pan with a few tbsp of water until a jam like consistency.

Serve with yoghurt, fresh berries or berry compote, chopped nuts/seeds.

To adapt, top with coconut yoghurt for dairy free, add a tbsp protein powder to the batter to increase protein content.



Serves : 1  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
Cals: 290  
Protein: 13g  
Carbs: 28g  
Fat: 16g