

# Cooking with Welby



## Banana Pancakes

Preparation: 5 mins

Cooking: 5 mins

Serves 4, costs under £1.00



vegetarian



gluten free



### Ingredients

- 1 (100g) Banana
- 2 (100g) Eggs
- (1g) Cinnamon

#### Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

### Tips for Kids

Kids will enjoy mashing, mixing and flipping!

### Nutritional Information

Based on a single serving of 47g

**Energy**  
53.00 kcals  
221 kJ

**Fat**  
2.30g

**Saturates**  
0.60g

**Sugar**  
4.50g

**Salt**  
0.10g

### Method

1. Peel the banana and place in a bowl, then mash with a fork.
2. Crack the eggs into the bowl and mix well, if you have one use an electric whisk or blender at this stage.
3. Once the mixture is smooth, heat a frying pan on a medium heat.
4. Pour 1/4 of the mixture into the pan making sure the pancake isn't too thick but also doesn't fill the whole pan. When golden brown flip with a spatula or knife and cook on the other side.
5. Repeat for each pancake, depending on the size of your frying pan you may be able to cook more than one at a time. When removed from the pan sprinkle with cinnamon.
6. Enjoy hot or cold.

Recipes courtesy of Parent Club

**Parent Club**

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