

# Banana and oat pancakes

## Ingredients

55g plain flour  
35g oats or ready brek  
Heaped ½ tsp baking powder  
1 medium egg, beaten  
85ml whole milk  
1 small ripe banana, mashed  
Vegetable oil to fry

Plain natural yogurt to serve



## Method

1. Sift the flour and baking powder into a mixing bowl. Stir in the oats. Make a well in the centre.
2. Whisk together the egg and milk in a jug.
3. Pour the egg mixture into the flour a little at a time, whisking continuously to make the batter smooth. Stir in the mashed banana.
4. Heat a medium sized frying pan with a little oil over a medium heat. Add two dessert spoons of the batter to the frying pan, repeat cooking around four pancakes at the same time. Fry for about 2 minutes on each side, reducing the heat if they brown too quickly. Makes 10-12 pancakes.
5. Repeat with the remaining batter.
6. Keep warm in a tea towel in the oven on a low heat.
7. Serve with a large dollop of yogurt for dipping.

## Serving suggestions and adaptations:

- Add a small handful of blueberries to the pancakes (allow to fully cool as berries will get very hot during cooking),
- Freeze between sheets of baking parchment. Store in an air tight container.

## Adaptations for adults:

- Great served with maple syrup or honey and a sprinkling of walnuts or pecans.