

BANANA & OAT PANCAKES



MINUTES TO PREPARE
5 plus 15
minutes resting



MINUTES TO COOK
15



MAKES
4 American-style
pancakes

INGREDIENTS

50g gluten-free oats
100ml milk
1 tablespoon psyllium husk
1/4 teaspoon ground cinnamon
1 teaspoon baking powder
1 pinch Maldon sea salt
100g ripe banana
1 medium/large egg
25g melted butter

You will need measuring scales, a measuring jug, a small frying pan and a spatula.

LET'S GET FRYING

- 1 Place all of the ingredients into a bowl and stir well with a fork, breaking down the banana as you mix.
- 2 Leave to stand for 15 minutes for the psyllium husk to work its magic and bind the ingredients.
- 3 Heat a small frying pan over a high heat. Add a tiny knob of butter and swirl around the pan, just to grease it. Pour away any excess.
- 4 Place a ladle full of pancake mix into the hot pan. Cook on one side until you see bubbles and you can see that the pancake is starting to cook through (approximately 3 minutes.)
- 5 Using a silicone spatula, carefully ease up one side of the pancake and flip. Cook on the other side for a further 2 minutes or until firm enough to remove from the pan.
- 6 Repeat with the rest of the mixture. Leave to cool for 5 minutes before eating.

Enjoy!

"These banana and oat pancakes are incredibly healthful and delicious. No longer do I feel any sense of guilt when having a pancake (actually homemade pancakes are pretty good for you anyway! It's generally the topping that we fall short on.) These highly nutritious pancakes are super quick to make, super tasty and keep the hunger at bay. Enjoy with honey, jam, Greek yoghurt, berries, mango, avocado, salmon, eggs etc..."