

BANANA PANCAKES



QUICK

Less than 15 mins start to finish

HEALTHY

Flaxseeds are an amazing source of omega-3 fatty acids which help maintain normal blood cholesterol levels

FAMILY



MEALS

Delicious, high protein breakfast to keep everyone full till lunchtime.

INGREDIENTS

- 4 eggs
- 2 ripe bananas
- 200g oats
- 2 tsp cinnamon
- 2 tbs flaxseeds (optional)
- 100 -300 ml water
- Oil for frying

Toppings

- Natural yoghurt
- Mixed fresh berries

METHOD

- 1) Put the eggs into a blender, followed by the oats, cinnamon, flaxseeds and bananas
- 2) Blitz till smooth
- 3) Add the water to make it pourable – you need different amounts each time – start with 100 ml
- 4) Heat some oil in a large frying pan, when hot, pour in your pancake mix
- 5) When cooked, flip and cook the other side (I know its cooked when little bubbles appear in the pancake)
- 6) Serve with 1 tbs natural yoghurt and fresh berries



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com