

Nutrition for Outside School Hours Care • another NAQ Nutrition program

These high fibre pancakes are a great source of wholegrains and sweetened naturally with bananas. These make a great afternoon tea or breakfast option, or could be used in a hands-on cooking activity.

Ingredients

Serves 30

- **3 cups quick cook oats**
- **3 cups wholemeal self raising flour**
- **1 teaspoon baking powder**
- **1 teaspoon cinnamon**
- **5 eggs**
- **1 cup buttermilk**
- **2 teaspoons vanilla extract**
- **3 large ripe bananas, mashed**
- **Spray oil**
- **Yoghurt, to serve**
- **Berries, to serve**



Method

1. Combine oats, flour, baking powder and cinnamon in a bowl.
2. Whisk eggs, buttermilk and vanilla together in a jug. Stir in mashed banana.
3. Pour wet mixture into dry ingredients and stir well to combine.
4. Set aside for 20 minutes.
5. Heat a non-stick frying pan on medium heat. Lightly spray with oil.
6. Using 1/4 cup batter for each, add to pan. Cook for 3 minutes until bubbles appear on the surface. Flip and cook other side for 2 minutes.
7. Remove from pan and keep warm.
8. Repeat with remaining batter to make.
9. Serve with yoghurt and berries.