

# Banana Pancakes

## Ingredients

- 8 medium ripe bananas, mashed
- 8 eggs, whisked
- 2 cups self raising flour
- ½ cup milk
- 2 tablespoons ground cinnamon
- Spray olive oil

**Serves:** 20

**Prep Time:** 10 mins

**Cook Time:** 10 mins



## Method

1. Mix the mashed bananas, whisked eggs, self raising flour, milk and ground cinnamon in a large bowl until well combined.
2. Heat a large non-stick frypan over a medium heat and spray with olive oil.
3. Spoon ¼ cup of the mixture per pancake into the pan.
4. Flip the pancake when bubbles form on the top and the underside is starting to turn golden brown.
5. Once cooked through, repeat this process with the remaining batter.

### Recipe Notes:

Serve pancakes with chopped fresh fruit or yoghurt. When batch cooking, keep pancakes warm by putting them in a tray, covering with foil and placing in a low oven.

Food Group	Serves per portion
Vegetables	0
Fruit	0.4
Grain foods	0.5
Lean meat and alternatives	0.2
Milk, yoghurt and cheese	0