

## Banana and Pear Pikelets

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 15 minutes



1 serve per portion

### Ingredients

1 cup canned pears

½ cup pear juice (reserve from can)

1 banana

¾ cup flour, wholemeal

1 teaspoon cinnamon

1 teaspoon baking powder

1 egg, lightly beaten

100 ml milk, reduced fat

1 teaspoon vanilla essence

*To serve:*

Yoghurt, reduced fat

2 cups of fresh fruit (e.g., berries, chopped banana)

### Method

**BLEND** the pear, pear juice and banana in a food processor or mash with a fork.

**MIX** flour, cinnamon and baking powder in a bowl.

**ADD** remaining wet ingredients and blended fruit to the bowl and mix until combined.

**SPOON** batter into pan and cook pikelets for 2-3 minutes each side until golden brown.

**SERVE** topped with yoghurt and your choice of fresh fruit.



Everyday Food

*Recipe courtesy of Bella Maugeri, Brisbane City Nights Branch*