

Flourless Banana Pancakes

Serves: 2

Prep time: 5 minutes

Cook time: 10 minutes



1 ½ serves per portion

Ingredients

2 ripe medium bananas, mashed

3 large eggs, lightly beaten

1 tablespoon extra virgin olive oil

Toppings:

1 cup of berries (any variety, fresh or frozen and thawed)

½ cup low fat yoghurt

Method

MASH bananas in a large bowl.

WHISK eggs and add to mashed banana.

HEAT oil in frying pan and cook pancakes for 2-3 minutes each side.

SERVE with berries and yoghurt.



Everyday Food

Recipe courtesy of the Country Kitchens team