Oaty Banana PANCAKES

CRUNCH

Ingredients for 8 pancakes

You'll need: 2 mixing bowls, a frying pan, fork, tablespoon, whisk and a spatula

Dry ingredients

40g plain white or spelt flour
40g self-raising flour
20g jumbo porridge oats
1 tsp baking powder
1 tsp ground cinnamon
Pinch of salt
1 tsp sugar (optional)
Handful of raisins (optional)

Wet ingredients

100g natural yoghurt
100ml milk
1 large or 2 small ripe bananas,
1 egg
1 tbsp sunflower or rapeseed oil

To cook

1 tbsp melted butter or sunflower oil

Prepare The Ingredients First. Then Follow Steps 1 to 8.

Step 1

Peel and mash the banana with a fork.

Step 2

Now make the batter. Put the dry ingredients and raisins into a mixing bowl.

Step 3

Take another bowl, add the wet ingredients. Beat with a fork or whisk, until combined.

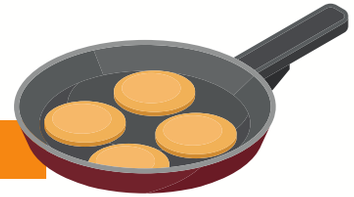
Step 4

Pour the wet ingredients into the dry mixture and stir to combine.
That's your batter done!

Step 5

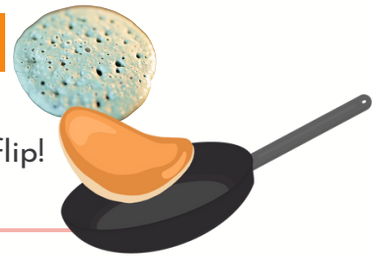
Time to cook your pancakes!
Heat a frying pan.
Keep the heat low. Add teaspoon of oil. Coat the base by tilting the pan.

Step 6



Spoon tablespoons of batter into the pan to form little pancakes. Cook for 2 minutes.

Step 7



See the bubbles?
Now it's time to flip!

Step 8

Cook on the other side for 2-3 minutes or until cooked through.
Serve hot or cold with your favourite toppings.