

Banana Pancakes



Ingredients

<i>Batter</i>	175 g	Whole-wheat flour or wholemeal flour
	1/2 tsp	Baking powder
	50 g	Sugar
	250 mL	Low-fat milk
	1	Egg
	2	Bananas, mashed well or blended
	Pinch	Salt (Optional)
		Soft margarine (Optional)
<i>Food art</i>	Handful	Walnut
	2	Banana, sliced
	2	Raisin
	2 slices	Strawberry



Method

1. Mix the flour, baking powder, sugar, low-fat milk and egg evenly. Add banana puree to the mixture and combine well.
2. Heat soft margarine in a non-stick frying pan. Pour in a ladle of the batter and cook until golden brown on both sides.

Assembly:

1. Stack 8 pancakes one over the other.
2. Place 2 banana slices on the top (eyes). Then stick one vertically cut banana slice in between the 2nd and 3rd pancake (tongue). Decorate the face with strawberries and toasted walnuts.

*TIP: use really ripen bananas

Nutrition information	Energy
 x 16 mini pancakes	1520 kcal
 1 mini pancake	95 kcal