



SERVES: 1



PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

BASIC INGREDIENTS:

1 Banana

2 Eggs

Olive Oil

TOPPING OPTIONS:

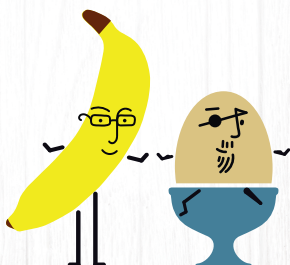
Nut butter with raisins or fresh fruit

Banana with a drizzle of honey

Jam or Marmalade (sugar free) and some sunflower seeds

METHOD:

1. Puree the banana with a fork and beat in the eggs or put banana and eggs in a blender and blend until smooth
2. Heat some olive oil in a frying pan
3. Pour spoonfuls of batter into the frying pan, creating 2-3 small pancakes, and bake until they start to form bubbles
4. Flip the pancakes and bake the other side for about 30 seconds
5. Complete each pancake with a topping



TIP!

ENJOY!

Try different toppings combinations
to keep it interesting!