

BREAKFAST

FRUITY PANCAKES



SHOPPING LIST:

- 2 bananas
- 2 apples
- 2 eggs
- 140g plain flour
- 2 tbsp vegetable oil
- 270g plain yoghurt
- 160g raspberries

COSTINGS: *64.5p per serving

NUTRITIONAL INFORMATION:

Calories: 386kcal |
Carbohydrates: 54g | Sugar 26g | Fat: 12g | Saturated fat: 2.8g | Protein 12g | Salt: 0.24g | Fibre: 5.8g

Each serving of this recipe contains 1.5 of your 5 a day, with the pancakes themselves accounting for one of these. It is important to eat at least five 80g portions of fruit and vegetables a day to help make sure you are consuming all the vitamins, minerals and fibre that you need.

Preparation time:

10 mins







Cook time:

10 mins

Servings:

4

DIRECTIONS:

		
1. Weigh all your ingredients.	2. Peel the bananas and mash in a bowl. Grate the apples and add to the banana.	3. Whisk the eggs and then add the apple and banana. Mix, then add the flour and mix again.
		
4. Put the oil in a flat pan and heat up. Add a large spoonful of mixture to the hot oil and cook for approximately 45-60 seconds on each side.	5. Repeat the cooking process for each one. This should make 8 pancakes.	6. Serve the pancakes with a dollop of yoghurt and handful of raspberries. These pancakes can also be made and left plain for an easy snack or lunchbox filler.

*average supermarket pricing as of March 2021