

BREAKFAST

OAT PANCAKES



SHOPPING LIST:

- 2 bananas
- 2 eggs
- 70g of oats
- 1tsp of vanilla extract

COSTING: *9p per pancake

NUTRITIONAL INFORMATION:

Calories: 111kcal |
Carbohydrates: 17.2g |
Protein: 4g | Fat: 2.5g |
Saturated Fat: 0.6g | Salt:
<0.1g | Fibre: 1.8g | Sugar:
6.2g

These pancakes provide a balance of carbohydrates, protein and fats perfect for a morning energy. Bananas are a potassium-rich fruit, loaded with essential vitamins and nutrients. Oats are among the healthiest grains, fibre rich to promote bowel regularity, and help control blood sugar. The eggs are rich in nutrients, including proteins, vitamins and minerals. The yolk also contains 'good' high density cholesterol), fat-soluble vitamins, such as vitamins D and E, and essential fatty acids. These pancakes are gluten and dairy free.

Preparation time:	Cook time:	Servings:
10 mins	15 mins	6

DIRECTIONS:



1. Gather the ingredients



2. Quickly blend the oats until powder in consistency then add the other ingredients



3. Blend together all ingredients



4. Pour onto a pan and spread out the mixture with the back of a spoon. Cook on low/medium heat for 2-3 minutes



5. Flip and cook for 1-2 minutes until the other side is golden brown.



6. Garish with your favourite toppings! Why not try fresh fruit for a healthy and tasty sweetness?

*Average supermarket pricing as of March 2021

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