



RBGE Botanic Cottage Community Cook Club Blog 2 10th April 2020

Breakfast Banana pancakes



- 2 bananas, mashed
- 1 mug self-raising flour (or plain)
- ½ mug oats
- 1 mug milk
- 3 eggs
- ½ tsp bicarbonate of soda
- ½ tsp baking powder
- Pinch of salt
- 1 tbsp butter

You will need- a large mixing bowl, a non-stick frying pan, a whisk, a spoon and a spatula

1. Mash the bananas in a large bowl.
2. Add the flour, oats, milk, bicarbonate of soda, baking powder, salt and then whisk until smooth.
3. Add the eggs one at a time and whisk until incorporated.
4. Heat the frying pan and melt the butter. When melted add to the mixture and mix again.
5. If your pan is non-stick then no oil more will be needed, if not add a little oil or butter to your pan. Add spoonfuls of batter to your pan.
6. Cook for around a minute or until bubbles start to appear.
7. Turn your pancakes over until golden on both sides.
8. Keep warm while you make your next batch- if you like you can make what my son calls a 'leaning tower of pancakes'
9. Enjoy with your favourite toppings- I like mine with yogurt and fruit compote.