# **Recipe Card**

Glenville

#### CENTRES CLINICS COURSES

## Easy banana pancakes

Preparation and cooking time: 15 minutes

## Ingredients:

2 very ripe bananas
2 eggs
1 ½ cups oats
½ tsp vanilla or ground cinnamon (optional)
1 tsp coconut oil or butter

## Directions:

- Place ingredients in a bowl and blend with a hand blender
- Heat a non-stick frying pan, add butter and swirl around the pan
- Place 1 tbsp of the pancake mix onto the hot pan and spread out a little with the back of the spoon. Repeat until pan is full with space between each pancake
- Fry on medium heat for 2 minutes, then turn pancakes and cook other side until golden, 1 – 2 minutes
- Serve immediately or eat cold. Great as a healthy breakfast or snack or to include in school lunchboxes

For extra flavour, drop a few blueberries, strawberry slices or dark chocolate chips onto the top of the pancakes straight after putting them into the pan

Glenville Nutrition are Ireland's leading Nutritionists, providing corporate talks, cookery demonstrations, 1-2-1 nutrition and health reviews and executive wellbeing programmes. Contact us to find out how we can help you.

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