



ZANNIE KROGH

NUTRITIONAL THERAPIST

BANANA PANCAKES

Makes around 8 small pancakes – can be kept in the fridge and reheated.

Ingredients

1 banana
150 gram of rolled oats or oatmeal
1 egg
150 ml of almond milk
1 teaspoon of baking powder
A dash of cinnamon

Method

Blend everything in a blender till smooth.

Heat a pan with a spoonful of coconut oil and fry the pancakes – the size of a scotch pancake – until browned and easy to flip over. Takes around 2-3 minutes on each side.

Serve with fresh seasonal fruit / chopped nuts and a tablespoon of almond butter or maple syrup.

