



ALMOND & BANANA PANCAKES

SERVES 2

PREP ~ 5mins

SUITABLE FOR Vegan, Gluten free

These pancakes taste AMAZING & have the added health benefits of using banana & oats for the base, as opposed to flour. They provide a good amount of carbs but also some protein, with Vit B & E thrown in to make an awesome breakfast or snack.



NUTRITION INFO

Health Score 2.8. High in Vit B2, Vit E, Manganese

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
319	29.9g	10.6g (12%)	11.8g	16.1g	2.3g (12%)	6.3g (17%)

INGREDIENTS

- 1 Banana
- 1/3 cup (~ 45g) Almonds
- 1/3 Cup (~ 46 Grams) of Oats
- 1/3 Cup (75ml) Almond Milk
- 1 Egg

METHOD

1. Add all the ingredients into a blender & blend until smooth
2. Add the mixture to a pan on a medium heat for ~ 1min until one side is cooked
3. Flip over and cook the other side

