

## Banana & Blueberry Wholemeal Pancakes

### Ingredients:

- ❖ 3/4 cup wholemeal self-raising flour
- ❖ 1 tbsp. soft brown sugar
- ❖ 2 tsp. ground cinnamon
- ❖ 1 tsp. baking powder
- ❖ 2 eggs, beaten
- ❖ 1 cup skim milk
- ❖ 1 tablespoon vegetable oil
- ❖ ½ banana, thinly sliced
- ❖ ¼ cup blueberries
- ❖ Cooking oil spray
- ❖ ½ cup berry compote
- ❖ 1 cup greek yogurt
- ❖ Maple Syrup (optional)

Serves 2

Preparation time: 5-10 mins

Cooking time: 10 mins



### Method:

Start by sifting the dry ingredients into a large mixing bowl. Next make a well in the centre of the dry ingredients and add the whisked eggs, milk and oil. Add additional milk or wholemeal flour to reach desired consistency. Next heat a frying pan on medium and spray with cooking oil. Add ¾ cup of pancake mixture into the centre of the pan. Carefully place sliced banana and blueberries into the mixture. Once bubbles appear across the pancake and the edges begin to dry, flip over and cook on other side. Once cooked, served in a stack with greek yoghurt and heated berry compote. Drizzle maple syrup over pancake stack for extra sweetness if desired.