

OUR RECIPE

Calshot Residential Banana Cloud Pancakes

INGREDIENTS

Makes 4 pancakes

1 large banana (or 2 very small)
2 Medium eggs (beaten)
1 pinch baking powder
(gluten free option available)
Splash of vanilla extract
1 tsp oil

To decorate/garnish

Healthy options

Raspberries, strawberries, blueberries

Treat options

Syrup, chocolate sauce, ice cream

METHOD

1. Peel banana(s) and mash with a fork in a medium sized bowl.
2. Crack the eggs into the bowl.
3. Add the baking powder and vanilla extract and stir together until a batter consistency.
4. Heat a non-stick frying pan and brush with half the oil.
5. The mixture allows for 4 pancakes. Use half of the batter mix and spoon 2 pancakes in the pan.
6. Cook for 1-2 minutes either side, then remove from the pan.
7. Use the remainder of the batter and repeat the cooking process, not forgetting to brush the non-stick pan with oil again.
8. To serve - choose your favourite fruits or something a little bit naughty as a treat.

