

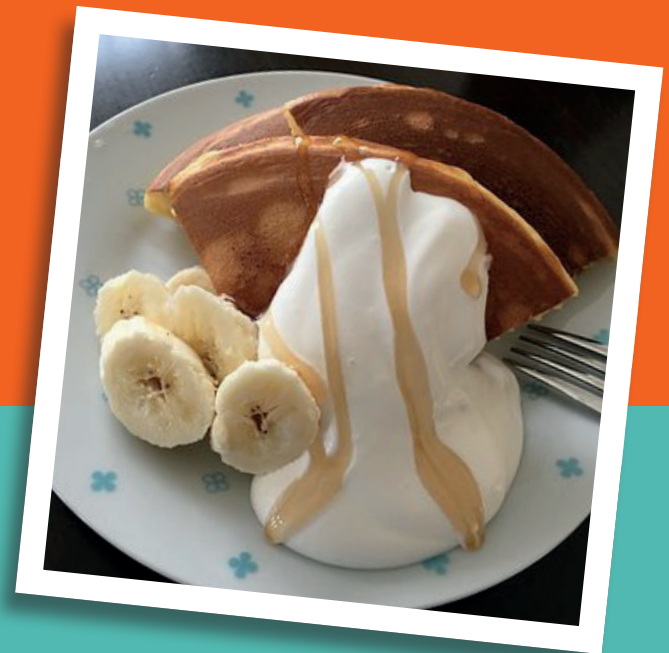
# Recipe of the month

## Sugar free banana pancakes

*Don't throw away your over ripe bananas, they are perfect for these tasty pancakes. Try them for breakfast with some blueberries or raspberries or for desert with ice cream, yoghurt or crème fraîche. They're also a great sugar free snack!*

### Ingredients

- 125g/4oz plain flour
- 2 tsp baking powder
- 1 egg beaten
- 225ml milk
- 2 ripe bananas mashed



### Method

Combine the flour and baking powder.

In a separate bowl, mix together egg, milk and mashed bananas.

Stir the flour into the banana mixture; the batter will be slightly lumpy.

Heat a lightly oiled griddle or frying pan over a medium high heat.

Pour or scoop the batter onto the pan, using approximately 4 tablespoons (60ml) for each pancake.

Cook until the pancakes are golden brown on both sides, serve hot.

### Top tip

**If your pancake batter is too thick, add a little bit more milk.**

**Why not make a batch and freeze them, place a piece of baking paper between each pancake and put them in an airtight container. Remember to label and date the container!**

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