

# Banana Oat Pancakes

These pancakes are my weekend breakfast treat. Not only are they very healthy and simple to make, they taste delicious too!



## Ingredients

1 Banana, roughly chopped  
1 Egg  
1 tsp Vanilla essence  
25g Rolled oats  
1 tsp Coconut oil  
Fat Free Greek or natural yoghurt  
Blueberries/strawberries

## Method

Whizz the banana, egg, vanilla essence and oats in a blender to make a batter.

Heat up half of the coconut oil in a non-stick frying pan over a medium heat. Pour little puddles of batter into the pan-I usually get 3 and cook for 1 minute on each side. Repeat the process with the rest of the batter.

Serve with a dollop of yoghurt and fruit.

ENJOY! Mrs Blackholly

## Serves 1

This recipe has lots of nutritional ingredients that contain s Fibre, carbs, protein., calcium and vitamin c.

You can adapt this recipe to gluten /dairy free . You can change the fruit, or can even choose a flavoured yoghurt.