



Healthy Breakfast Pancakes

Ingredients

- 2 soft bananas, mashed
- 2 tablespoons peanut butter
- 1 teaspoon bicarb of soda
- 1 teaspoon baking powder
- 1 cup plain flour
- 1 cup breakfast oats
- 1 pinch of salt
- 35g protein powder
- 2 eggs
- 2 cups of almond milk
- rapeseed oil

Method

- Mix all the ingredients together, keep the oil aside.
- Heat a large frying pan and use a tablespoon of oil for each time you fill the pan
- Use a tablespoon to drop some of the mixture in the pan and then turn over to cook on the second side
- Set aside, or eat while hot
- Can be frozen (separate with baking paper) and reheated in the toaster



Details

- Prep time: 5 minutes
- Cooking time: 35 minutes
- Serves 40 small pancakes
- Per serving:
- Calories 99
- Carbs 6 grams
- Fat 8 grams
- Protein 2 grams