

Breakfast

RECIPE CARD

Banana Pancakes

RECIPE NAME

Breakfast

MEAL TIME

5 minutes

PREP TIME

10 minutes

TIME TO COOK

These pancakes go really well with chocolate but feel free to use honey or syrup.

Measure carefully for accurate calories

NOTES

444 kcal

CALORIES

INGREDIENTS

- ★ 40g Ready Brek
- ★ 2 medium Eggs
- ★ 50ml Milk
- ★ 1/2 tbsp Granulated Sweetener
- ★ 1 tsp Vanilla Extract
- ★ 1 large Banana, *sliced*
- ★ 3 tsp Chocolate Spread
- ★ 1 tsp Choc Shot
- ★ 1 Strawberry
- ★ Low-Calorie Cooking Spray

METHOD



In a bowl, mix the ready brek, eggs, vanilla and sweetener



Spray the frying pan over a medium heat and pour the desired amount of pancake mixture in. Turn and cook both sides



Place the cooked pancakes on a plate and cover with the chocolate and bananas, as well as strawberries for an extra taste sensation