

EASY FOOD

Recipes

Banana pancakes



What you need



Serves: 2
Allow 20 minutes

2 medium bananas

2 eggs

Olive oil or spray

Berries or other fruit
and honey to serve



For cooking...



Cooking bowl

Spatula

Masher or fork

Ladle

Knife + chopping board

Fry pan + stove

or

Sandwich press



Remember to wash your
hands before starting

1

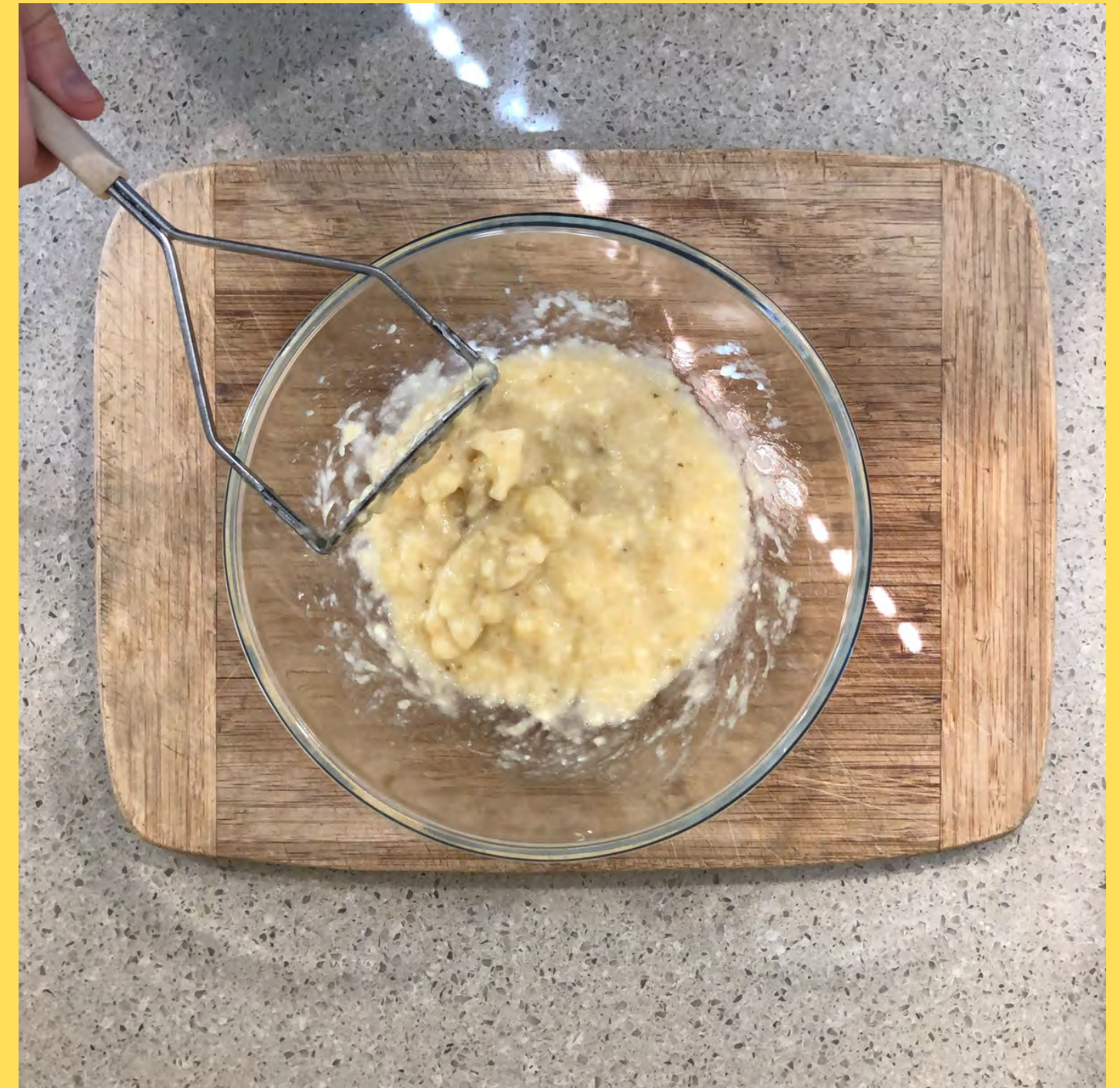
Chop bananas



Put pieces into
mixing bowl
as you go

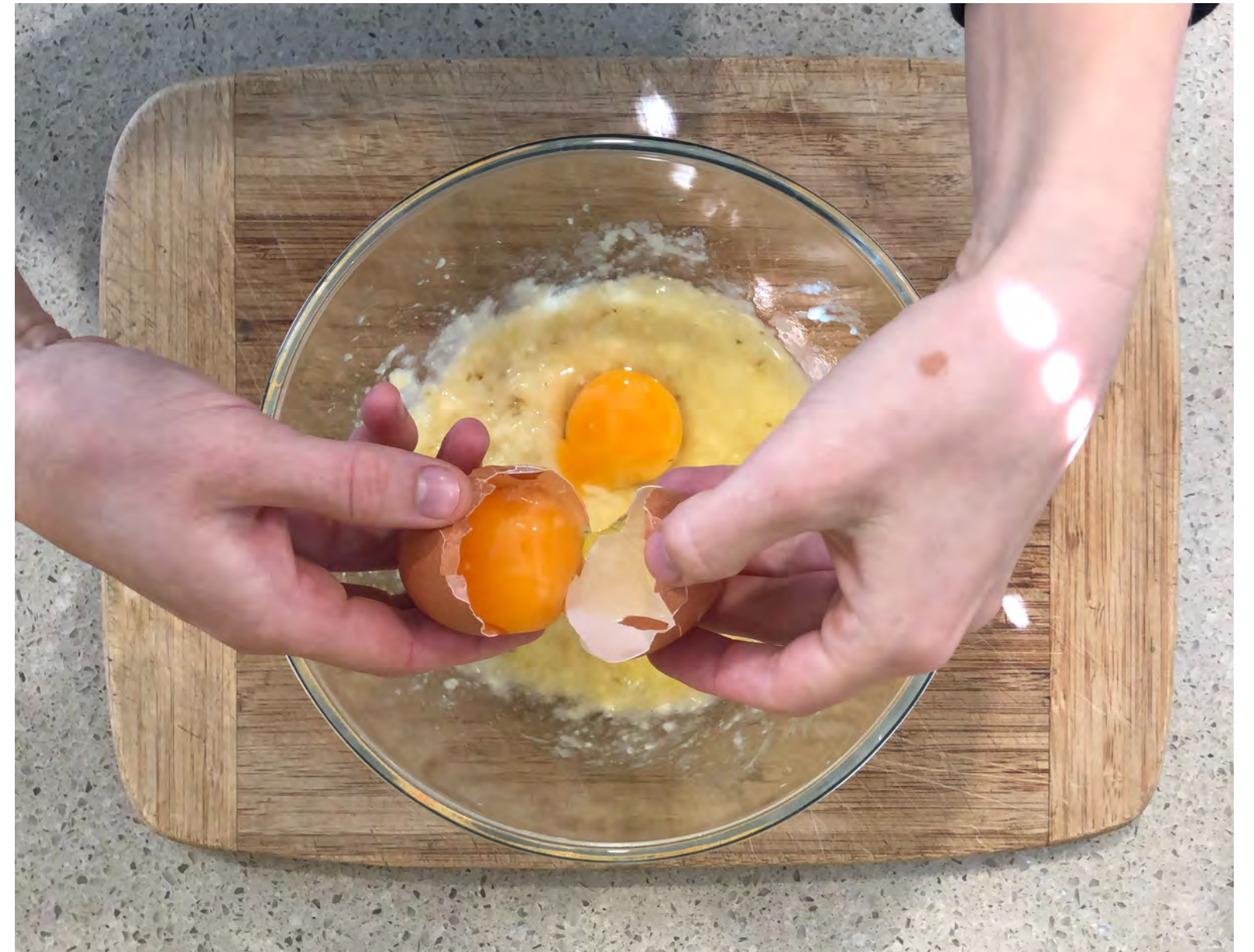
2

Mash the bananas



3

Add eggs
to mashed banana



HINT: Crack eggs into a separate bowl then add to the mashed banana to avoid getting eggshell in the pancake mixture

4

Mix



5

To cook cover pan with a spray of oil or
pour 1 tablespoon of oil onto pan



...then
turn stove onto
a low to
medium heat



1 tablespoon
= 20 mL

6

Wait a few minutes for the pan to warm up

Use ladle to
pour the mixture
into pan



7

After 2-3 minutes

Turn the
pancakes over
when bubbles
begin to show
on the top



8

Wait another 2 minutes

Or until
pancakes are
cooked on
both sides



Then place onto a serving plate

9

To serve

Cut up and
add fruit
+ drizzle of
honey if desired



ENJOY!



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Cooking bowl

Spatula

Masher or fork

Ladle

Knife + chopping board

Fry pan + stove
or sandwich press



HINT: At Step 3, crack eggs into a separate bowl then add to the mashed banana to avoid getting eggshell in the pancake mixture

Method:

1. Chop bananas and put into mixing bowl.
2. Mash bananas.
3. Add eggs to bananas and mix.
4. Cover fry pan with a spray of oil or 1 tablespoon oil and turn the stove onto medium-low heat.
5. Wait 2 minutes or until pan is hot.
6. Ladle pancake mixture onto pan. Cook 2 or 3 pancakes at a time.
7. After 2-3 minutes turn pancakes over when bubbles begin to appear on the top.
8. Wait another 2 minutes or until pancakes are cooked on both sides.
9. Remove from the pan and place onto serving plate.
10. Add chopped-up fruit and a drizzle of honey if desired.
11. Enjoy!

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Health

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