

SPAR 

# BETTER CHOICES kids



FREE RECIPE  
TO TAKE HOME



# Banana Pancakes

**SERVES: 1****PREPARATION TIME:** 5 minutes**COOKING TIME:** 5 minutes**BASIC INGREDIENTS:**

1 Banana

2 Eggs

Olive Oil

**TOPPING OPTIONS:**

Nut butter with raisins or fresh fruit

Banana with a drizzle of honey

Jam or Marmalade (sugar free) and some sunflower seeds

**METHOD:**

1. Mash the banana with a fork and beat in the eggs or put banana and eggs in a blender and blend until smooth
2. Heat some olive oil in a frying pan
3. Pour spoonfuls of batter into the frying pan, creating 2-3 small pancakes, and bake until they start to form bubbles
4. Flip the pancakes and bake the other side for about 30 seconds
5. Add healthy toppings of your choice to the pancakes.

**TIP!**

Prepare your body for exams.  
Eat foods like bananas and peanut butter  
which help you feel less tired

**ENJOY!**