

LIFE'S KITCHEN

— ◆ —
A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - FEBRUARY 2017

HEALTHY PANCAKES WITH BANANA, HONEY & NATURAL YOGHURT

Serves 4

Great for those who are still on their 'new year, new me' diet, but want to indulge in a sweet treat on Pancake Day. They are also a wonderful source of energy to keep you going throughout the morning.



INGREDIENTS

125g wholemeal flour
40g porridge oats
3 tablespoons ground flaxseed
4 tablespoons polenta (cornmeal)
3 tablespoons dark brown soft sugar
1 teaspoon baking powder
1/2 teaspoon bicarbonate of soda
1 egg, beaten
500ml buttermilk
Light oil for greasing
4 x Bananas (sliced)
Honey to taste
200g Natural Yoghurt
Chopped nuts (optional)

METHOD

In a large bowl, stir together the wholemeal flour, oats, cornmeal, flaxseed, brown sugar, baking powder and bicarbonate of soda. Pour in buttermilk and egg. Stir until smooth.

Heat a large frying pan or griddle over medium heat. Coat lightly with oil. Drop the pancake mix in large spoonful's into the pan, and cook until bubbles form and the edges are dry.

Flip, and cook until browned on the other side. Repeat with remaining pancake batter.

To serve:

Serve with yoghurt, banana and a drizzle of honey, and a sprinkling of your favourite nuts, almonds or walnuts would be delicious. Enjoy!