

BGE Home Learning Recipe 2 Banana Pancakes



Ingredients:

- 350g self-raising flour
- 1 teaspoon baking powder
- 2 very ripe bananas
- 2 medium eggs
- 1 teaspoons vanilla extract (optional)
- 250ml whole milk (blue milk)
- Butter (for frying)

Method:

- 1) Sieve the flour, baking powder and a generous pinch of salt into a large bowl. In a separate mixing bowl, mash the very ripe bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk.
- 2) Make a well in the centre of the dry ingredients, pour in the wet ingredients and swiftly whisk together to create a smooth, silky batter.
- 3) Heat a little knob of butter in a large non-stick pan over a medium heat. Add 2-3 tbsp of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 mins on the other side. Repeat with the remaining batter.
- 4) Possibly topping options: blueberries, sliced banana, strawberries, drizzle of maple syrup or a scoop of ice cream.