2 Ingredient Pancakes

Ingredients
- ½ ripe banana
- 1 egg

Making it
1. Mash banana with a fork until you have removed as many lumps as possible.
2. Whisk egg in separate bowl. Mix into banana mixture.
3. Heat a good non-stick pan to medium heat (or use 1 kcal spray to stop the mixture from sticking).
4. Using a ladle to pour the batter onto the pan, make two pancakes. Cook for 3 mins on one side until golden brown. Flip the pancakes over and cook for another 3 minutes.
5. Serve with topping of your choice: Greek yogurt, fresh berries, nut butter, banana, nuts, honey
6. Double or triple the mixture if you need to make more pancakes.

NUTRITION FACTS
Servings: 2
PER SERVING
Calories (kcal): 140
Fat (g): 4
Carbohydrate (g): 20
Fibre (g): 1
Protein (g): 7

TIPS & HINTS
This is a great way to use up over ripened bananas before they go bad!