



Banana & Strawberry Pancakes

Serves 4

- 2 ripe bananas, mashed
- 1 cup (110g) spelt flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. lemon juice
- ¾ cup (180ml) almond milk
- ¾ cup (150g) strawberries, sliced
- 1 tbsp. coconut oil
- 4 tbsp. coconut yogurt
- 4 tbsp. maple syrup

What you need to do

1. Mash the banana with a fork and combine them with the flour, baking powder, baking soda, and lemon juice. Next, slowly add in almond milk until you get a thick batter.
2. Finally, fold in the sliced strawberries, leaving some for garnish.
3. Heat some of the oil in a non-stick pan over medium heat, not too hot as then the pancakes will burn. Spoon a little less than ¼ cup of the batter per pancake (this will make around 8 pancakes).
4. Cook the pancakes for about 3 minutes on one side, then when bubbles start to appear flip and cook for another minute.
5. Serve the pancakes with a tablespoon of coconut yogurt and maple syrup, and garnish with remaining strawberries.
6. Nutrition information is per 2 pancakes.



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	282	7	53	5

*Nutrition per serving