

Carers Festival *Online*

Make your own

Banana Pancakes

By Carers Reablement Volunteer—Jenny

Like so many people, I have been working from home since the government announced its “lockdown”. Of course, I am missing face-to-face contact with friends, people at work and my weekly Carers Centre volunteering.

Despite this, there are certainly still things to be grateful for—and in my case, one of the benefits to lockdown is having a few extra minutes each day for breakfast!

In particular, I have been enjoying making banana pancakes.

Here is my recipe:



Banana pancakes: serves x2

Ingredients

- 4 dessert spoons of oats
- 1/2 tsp baking powder
- 1/2 tsp cinnamon (optional)
- 2 bananas (the riper they are, the more banana-y the pancakes will taste)
- 3 eggs

Optional toppings—fresh or frozen berries, yogurt, chopped nuts....

Method:

- Blitz the dry ingredients in a blender, then add the bananas and eggs and blitz again into a smooth batter.
- Heat up a non-stick pan on a medium heat. Dollop 2-3 spoons of batter into the pan for each pancake. I usually cook 3-4 pancakes at a time, but this will depend on the size of your pan.
- Leave the pancakes to cook for a few minutes—they will start to turn firm, at which point you can flip them over to brown the other side for a minute or two.
- Once your pancakes are cooked, you can add some toppings of your choice and enjoy!

