Roisin’s Pancakes

Banana Pancakes 🍌

This is the quick and easy recipe I love to use when I want to make healthier pancakes. I find it is a really handy meal to make when I’m doing online school and I only have a few minutes to eat.

 Ingredients

* 1 banana
* 1 egg
* 32 grams of oats

Method

1. Place the banana, oats and egg in the blender
2. Spray the pan with some oil ( I like to use the fry light spray)
3. Scoop the blended mixture onto the pan
4. Cook the pancakes on a medium heat until they go golden/brown