

Banana Pancakes

Information

Chef name: Charlotte

Description: Moreish banana pancakes

Allergens: 


Eggs

Batch

| | |
|---------------------------|-------|
| Cooked weight | 492 g |
| Serving size | 4 g |
| Servings per batch | 4 |



Ingredients

| Ingredient | Qty |
|--|------------|
| Fairtrade Banana London Borough of Havering HES Catering Ingredients | 2 ea |
| Medium Sized British Free Range Eggs (60g) - 01142  | 4 ea |
| Country Range Extended Life Vegetable Oil - 03536 | 1 tsp |
| Dr Oetker Vanilla Flavouring Essence 81037U | 1 tsp |

Method

1. Mash the banana.
2. Whisk two eggs until you are seeing soft peaks forming. Add the banana and vanilla to the egg mixture.
3. Pour the mixture into the pan to make 8 pancakes . Please brush the pan with oil if you are not using a non-stick pan.

Nutrition

| | 100g | serving | | 100g | serving |
|----------------|-------------|----------------|---------------------|-------------|----------------|
| Energy | 3101 kcal | 124 kcal | Fat | 172 g | 6.88 g |
| Fibre | 13.5 g | 0.54 g | - saturates | 38.25 g | 1.53 g |
| Protein | 12 g | 0.48 g | Carbohydrate | 192.5 g | 7.7 g |
| Salt | 0 g | 0 g | - sugars | 172.75 g | 6.91 g |