

Tuesday
21ST
February

Cinnamon pancakes with Nutella, banana & pecans

METHOD

1. Sift flour, cinnamon & pinch of salt into a bowl. Make a well in the centre, break in the egg & pour in half the milk.
2. Whisk together, to make a smooth thick batter. Beat thoroughly, then stir in the remaining milk.
3. Heat a little oil in medium frying pan. Pour 2 tbsps of batter into the pan, tilting the pan as you pour, so the batter coats the base. Cook over moderate heat until underside is golden brown (*approx. 30 – 60 secs*).
4. Flip the pancake & cook the other side until golden brown, then slide on to a plate. Heat a little more oil to cook the remaining pancakes.

When ready to serve, spread a thin layer of Nutella on top of each pancake & top with sliced banana

INGREDIENTS

- 100grams or 2/3 cup whole wheat flour
- 2 teaspoons ground cinnamon
- Pinch of salt
- 1 large egg
- 300ml or 1 ¼ cups milk
- 2 sliced bananas
- Handful of roughly chopped pecans
- 120g Nutella (20g / 1tbsp per pancake)
- Olive oil spray for frying

NUTRITIONAL INFORMATION

Serving Size 131g
Serves: 6

Preparation time: 10 minutes
Difficulty: Easy

	Average Quantity per Serving	Average Quantity per 100g
Energy	1160kJ (278Cal)	890kJ (213Cal)
Protein	7.5g	5.7g
Fat, Total	13.0g	9.9g
- Saturated	3.9g	3.0g
Carbohydrate	31.1g	23.8g
- Sugars	19.4g	14.8g
Dietary Fibre	3.2g	2.4g
Sodium	107mg	82mg

Ingredients: Milk, Banana (24%), Nutella (15%) (Sugar, Vegetable Oil, Hazelnuts (13%), Skim Milk Powder (8.7%), Fat-Reduced Cocoa, Powder (7.4%), Emulsifier (Soy Lecithin), Flavouring (Vanillin)), Wheat Flour, Egg, Pecan Nuts (3.5%), Cinnamon (0.5%), Salt, Olive Oil.
Contains: Wheat, Egg, Milk, Soybean, Tree Nuts.