

# Cinnamon crepes with Nutella®, banana & pecans



## INGREDIENTS for 4 servings



- ✓ 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
- ✓ 60g Nutella® - 1 heaped tsp of Nutella® (15g) per portion
- ✓ Olive oil spray for frying

## Step 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.

Whisk together, to make a smooth thick batter. Beat thoroughly, then stir in the remaining milk.

## Step 2

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).

---

## Step 3

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.