

RECIPE

Bananalicious Nutella[®] pancakes

Medium

25 min



INGREDIENTS

for 6 portions

1 cup (180ml) whole-wheat flour

1/2 cup (125ml) quick cook oats

1/2 cup (125ml) all purpose flour

1 1/2 tsp (7ml) baking powder

2 eggs

1 cup (250ml) buttermilk

1 cup (250ml) low fat milk (2% or less M.F.)

2 tbsp (30ml) brown sugar

1 tsp (5ml) pure vanilla extract

1/3 cup (80ml) Nutella[®]

2 bananas, sliced



To prepare this delicious recipe, 15g of Nutella[®] per person is enough to enjoy!

METHOD

- 1 In a large bowl, whisk together whole-wheat flour, oats, all purpose flour and baking powder well. In a smaller bowl, whisk together eggs, buttermilk, milk, brown sugar and vanilla until sugar is dissolved.
- 2 Pour egg mixture into flour mixture and whisk just to combine.
- 3 Heat a non-stick griddle or frying pan sprayed with cooking spray over medium heat. Spoon small dollops of batter (approx. 2 to 3 tbsp) onto the pan and cook until small bubbles appear on the edge of the pancake and the surface appears slightly dry. Flip and cook the other side until lightly golden brown.
- 4 Spread each pancake with a little Nutella[®]. Layer a few slices of banana on each pancake and then stack three or four of them one on top of the other. Serve with a glass of milk or 100% fruit juice.

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Try our recipe for delicious **banana Nutella[®] pancakes** and enjoy your morning even more!