

OAT & BANANA PANCAKES

OAT & BANANA PANCAKES

4-6 Egg Whites
1 Egg Yolk
½ -1 Cup of Rolled Oats
1 Banana
1/4 Cup Raisins
Manuka Honey



(Optional - use muesli instead of oats, add dried fruit & vanilla essence)

Place all ingredients in a blender for 30 seconds until well mixed. Pour mixture into (medium heat) preheated non-stick (a must) frying pan, which has been sprayed lightly with oil. Turn over when almost set on top.

Serve immediately with a light spread of honey, fresh fruit & yoghurt. Can also eat cold cut into pieces for an easy morning or afternoon tea snack.