

RECIPES

Banana Oat Pikelets with Greek Yoghurt

Ingredients

- 1 banana
- 2 eggs
- ½ cup rolled oats
- ½ teaspoon baking powder
- 100g of natural Greek yoghurt (optional)
- Fresh fruit to serve



Method

- Place chopped banana, eggs, oats and baking powder into the blender. Blend until smooth.
- Heat a non-stick frying pan to medium heat.
- Pour the mixture into the pan using approximately 1/4 cup for each pancake.
- Brown on both sides
- Serve with Greek yoghurt (optional)
- **Makes 4 pikelets**

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TIP:

Add 1 tsp Flaxseed Oil for ½ serve of healthy fats (oils) per pancake.

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Total serves from each food group for 1 serve of Pikelets (2 small pikelets)

Wholegrains Cereals	Fruit	Vegetable	Dairy	Meat / Alternatives	Oils	TOTAL CARBS
½	½	0	½	½	0	1½

