



## Vegan Banana & Blueberry Pancakes

### You will need:

- 1 large ripe banana (around 150g)
- Handful of blueberries
- 1 tbsp golden caster sugar
- ¼ tsp fine salt
- 2 tbsp vegetable oil, plus extra for cooking
- 120g self-raising flour
- ½ tsp baking powder
- 150ml oat, almond milk or soya milk
- syrup, sliced banana and berries, to serve  
optional



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## Method

### STEP 1

Mash the banana in a mixing bowl. Stir in the sugar, salt and oil. Add the flour and baking powder and mix thoroughly. Make a well in the centre and gradually whisk in the milk. The batter should be a thick, droppable consistency. Put in three-quarters of the blueberries

### STEP 2

Heat a little oil in a frying pan over medium heat. Add 2 tbsp of the batter to make American-style pancakes. You will be able to make about 4-5 at a time. Fry on each side for 2-3 mins until golden. Serve with syrup, sliced banana and remaining berries, if you like.

	low in			low in			
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
94	4g	0g	14g	6g	1g	1g	0.2g



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