

Breakfast



RECIPE

## Banana & Nuts Pancakes

# Ingredients

- 1 egg, beaten
- 1/3rd tsp, baking soda
- 1/2 cup, milk
- 1/2 ripe banana, mashed (leave a few chunks)
- A pinch of cinnamon powder
- 1/2 cup, flour
- Salt, a pinch
- 1 ½ tsp, butter
- 1 tbsp, sliced almonds and walnuts

# Step by step

## Cooking Instructions

1. Combine flour, cinnamon powder, baking soda and salt.
2. In separate bowl, mix together egg, milk, melted butter and bananas.
3. Stir flour mixture into banana mixture; batter will be a little lumpy.
4. Heat a lightly buttered or greased frying cpan over medium high heat.
5. Pour or scoop batter onto pan, using about 1/4 cup for each pancake.
6. Cook until pancakes are golden brown on both sides.
7. Serve them hot, with sprinkled nuts.
8. Taste best with strawberry syrup.

# Nutritional values

## 2-3 Year olds

<b>Energy</b>	<b>12.64 kcal</b>
<b>Protein</b>	<b>31.24% (RDA)*</b>
<b>Calcium</b>	<b>7.2% (RDA)*</b>
<b>Iron</b>	<b>12.15% (RDA)*</b>
<b>4-5 Year olds</b>	

<b>Energy</b>	<b>9.93 kcal</b>
<b>Protein</b>	<b>25.96% (RDA)*</b>
<b>Calcium</b>	<b>7.2% (RDA)*</b>
<b>Iron</b>	<b>8.41% (RDA)*</b>

**\*Recommended dietary allowance**

## TIPS

- This recipe makes 6 pancakes and we suggest you to serve 2 to your kid.
- You can make pancakes in different shaped molds available in market so as to increase your kids' excitement. Infact you can create stories around their breakfast.
- Instead of sprinkling nuts around the pancakes just like that you can create eyes and nose with them.